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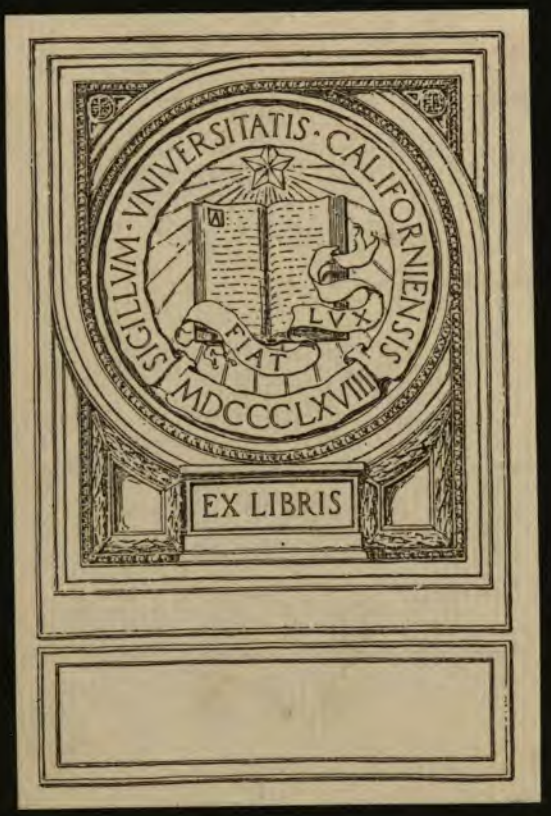
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The MODERN HEALTH CRUSADE

A National Program of Health Instruction in Schools

MANUAL FOR TEACHERS,
SUPERINTENDENTS AND HEALTH WORKERS

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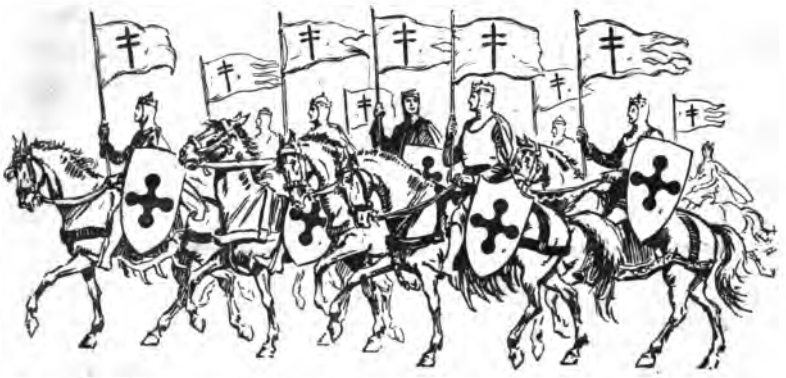

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State Distributors for the Crusade

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The Modern Health Crusade Course in Hygiene

1. Brief Explanation

This first section of the manual, pages 4 to 7, is a condensed statement of the Crusade system. It is also published separately as a "Brief Explanation for Teachers." The subsequent sections of the manual explain further the subjects in Section 1 and set forth additional activities and information. All activities beyond the requirements defined in Section 1 are optional. They are recommended as a means of increasing interest and benefit.

The Modern Health Crusade is a system of training in good health habits. Its basis is practice and not mere precept. Under it children do the duties explained in hygiene and physiology but too often left undone. Millions of American school children have done the health chores of the Crusade within the last five years. The play and romance of the Crusade, its health chivalry, give children the incentive to work systematically and enthusiastically.

The results of Crusade work are physical and moral* improvement and better attendance and deportment at school. The Crusade links the school and the home in health work.

REQUIREMENTS

The requirements of the Crusade are simply (a) the performance of the health chores, (b) the recording of performance as directed and (c) the award of chivalric titles.

(The teacher should now read the chore record or the explanations in § 7 to § 9 of the manual).

(a) PERFORMANCE OF CHORES

There are four sets of Crusade chores, eleven chores in each set. The sets are graded progressively and are recommended for use in grades 3, 4, 5 and 6 successively. The sets of chores are printed on different editions of the chore record, Form A for the third grade, Form B for the fourth, Form C for the fifth, and Form D for the sixth. If, however, one edition is to be used for several grades, Form B is recommended.

It is advisable to have the chores performed for at least 24 weeks during the school year. Many schools conduct the course for 30 weeks. In the case of short term rural schools a course of not less than 12 weeks is permissible.

Pupils in grades higher than the 6th and pupils who can write in grades lower than the 3rd may qualify as Crusaders by the chores on Forms A, B, C or D. It is much better, however, for pupils in the 7th and higher grades, having completed the series, to carry out the Round Table activities including community sanitation work, in the optional program of the Crusade. (See § 37 to § 50.) Children in the kindergarten and first two grades may more profitably be drilled in health chores through posters and record sheets made by themselves as a project, preparatory to becoming Crusaders in grade 3. (See § 15 to § 20.)

Besides the chores on Forms A, B, C and D, which are adapted to children in general, a set of Crusade chores for undernourished or delicate children is published. (See "Weight and Nutrition," page 7 and § 10 to § 12.)

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* See § 63.

(b) RECORDING PERFORMANCE

The chore records are kept at home for recording performance. The child and one of his parents are required to sign each record and the teacher must approve before the claim of performance is allowed to count towards a title. By placing the child on his honor and supervising the recording of chores the parent makes Crusade work a drill in truthfulness. In the school it is advisable to set aside a few minutes each day for prompting the pupils on their chores and conducting hygienic inspection. (See § 22.)

(c) AWARD OF TITLES

On completion of tne course for the first year every pupil who has done 54 chores each week has a right to the title of Squire; and on the completion of the course for two, three, and four years the pupil becomes successively Knight, Knight Banneret, and Knight Banneret Constant. The last title can never be earned in less than four years. Pupils who have failed in one or more weeks may be allowed additional weeks in the school term in which to complete their records.

The award of titles is best indicated by paper stars placed on the wall chart, "Roll of Health Knighthood," and by badges or other insignia given to the children. The use of insignia, however, is not obligatory. Schools may make the awards in any manner they see fit. Knighting ceremonies are helpful in impressing Crusade teachings. (See § 33.)

ROLL OF HEALTH KNIGHTHOOD

At the beginning of the course, the names of all pupils are written on the Roll of Health Knighthood as "pages," candidates to become Crusaders. Their progress throughout the year is then shown by stars or other marks. (The Roll has columns also for recording pupils' weights from month to month. Tables of average weights for boys and girls are printed on it.)

INSIGNIA

The insignia provided are:

1. Certificate of Title of Squire. This certificate states that the boy or girl named "has a satisfactory record of doing at least 75% of the Crusaders' health chores for the number of weeks required for first honors in health knighthood; has agreed to try (1) to do nothing that may hurt the health of any other person, (2) to help keep home and town clean and (3) to obey the Crusaders' Code until the end of December following this school year; and therefore is enrolled until then as a Modern Health Crusader and is granted the title of Squire."

The certificate, printed in two colors and illustrated, carries also the Crusaders' Code (general health rules), average weight tables and a ruled chart on which the pupil may enter his "health scores" including his weights from month to month, for display at home.

For schools desiring to give the code, tables and scoring chart to pupils before they have earned the title of squire, the portion of the certificate conveying the title may readily be cut off for later use.

2. Buttons and metal pins are provided as badges for Knights, Knights Banneret and Knights Banneret Constant.

SCHOOL CREDITS

The Crusade system has been made a curriculum activity in thousands of schools. The regular school credits given for Crusade work are an important incentive to pupils. Credits should never, however, take the place of the chivalric titles. Both should be employed.

With the following table the teacher may easily compute a pupil's credits for performance of chores. It is based on the allowance of full credits for a Crusade course. If Crusade work is included in a course in physiology or hygiene and one-half or one-third credits are allowed for the chores, the percentages earned will be one-half or one-third of those in the tables. To determine a pupil's credit for a school month the teacher adds his credits for each week and divides the sum by the number of weeks in the month.

WEEKLY CREDITS

72 chores	100%	62 chores	86%	52 chores	72%
71 "	99%	61 "	85%	51 "	71%
70 "	97%	60 "	83%	50 "	69%
69 "	96%	59 "	82%	49 "	68%
68 "	94%	58 "	81%	48 "	67%
67 "	93%	57 "	79%	47 "	65%
66 "	91%	56 "	78%	46 "	64%
65 "	90%	55 "	76%	45 "	63%
64 "	89%	54 "	75%	44 "	61%
63 "	88%	53 "	74%	43 "	60%

TIME REQUIRED

The Crusade is adaptable to every elementary school, graded or ungraded. The school that devotes from ten to fifteen minutes to it daily, finds the entire work of the day improved. If, however, a school allows no time for practical health training the teacher may give pupils the benefit of the Crusade in large part by distributing the chore records to be taken home after one short talk of explanation. When performance has been checked at home for the time required the pupil brings the record for the teacher to inspect. If she issue a second record at once she may inspect the first at her leisure, instead of returning it on that day.

SOURCES OF SUPPLIES

Crusade supplies are obtained by schools through the local department of education or the state association affiliated with the National Tuberculosis Association (New York City). The National Association publishes Crusade material at the lowest possible cost. The expense per pupil ranges from 1½ to 5½ cents for a 24-week course. In many localities school authorities pay for Crusade material in like manner as for text-books.

CRUSADE MATERIAL

A. (1) Chore records. (Sufficient number to supply scoring spaces for the weeks of the course; 10 to 20% additional for losses.)

B. (2) "Brief Explanation" or the Manual, one for each teacher. (3) Roll of Health Knighthood, one per class of not more than 40 pupils. (Gummed paper stars, about three per pupil, are desirable.) (4) Certificate of squire, one per pupil. (5) Buttons or pins for Knights, Knights Banneret and Knights Banneret Constant, one each for approximately 80% of the pupils. Schools provided with the Roll (3) may dispense with the insignia (4 and 5) but the use of all is recommended.

C. Tournament guide, tournament report form, Round Table report form, wall chart "Keep Well Guide," prompter and hygienic inspection blank, knighthood stories, health stories, Crusade songs, health playlets, Crusade flags.

Every school must be provided with (A) the chore records, if its pupils are to qualify as Crusaders. Supplies listed under B and C are highly recommended. B supplies are essential for most schools, and the C supplies are very helpful.

For prices of material address your state association.

HOW TO START

Give a talk to your pupils comparing the Crusade with the crusades of old and the quests of brave knights. Arouse the children's interest by a story of chivalry from such books as "The Perfect Gentle Knight," World Book Co., Yonkers, N. Y.; "King Arthur and His Knights," Rand McNally & Co., Chicago; "Page, Esquire and Knight," Ginn & Co., Boston. Set forth the privilege of being health knights, their service and happiness. Explain their titles and rewards. The Roll of Health Knighthood and samples of any insignia to be used should be displayed.

Distribute chore records to the class and have each chore record read and discussed. Have each child who is new to the work place his finger on the space where he is to make an X for a chore done on a certain day. Explain the requirement of certification "on honor" and of signatures. Direct the pupils to pin the records up at home where they and their parents will see the records constantly and will "check up" performance every evening. Tell the children when they are to return their records to you. Remind them of their chores every day. Base several lessons in reading, language and arithmetic on the chores and calculation of credits.

Enlist the support of the community. Explain the Crusade to the parent-teacher association, women's club and pastors of churches. Supply your newspaper with a short article on the Crusade and give it news from time to time on the pupils' progress in health knighthood.

Keep interest high by such of the following optional Crusade activities as you can take up.

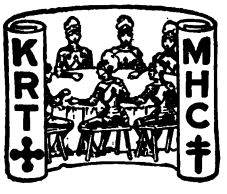
WEIGHT AND NUTRITION

It is recommended that pupils be weighed once a month. Performance of the chores tends to give pupils right weight and the weight entries on the Roll of Knighthood make a useful record of progress. For children as much as 10% under weight and for those who are sickly, the Crusade nutrition chores are recommended. Apply for "Chore Record-Nutrition Edition" and for the "Instructions to Teachers and Nutrition Workers."

TOURNAMENTS

Crusade tournaments are competitions between schools or classes for the best average record in chores. The National Tournament in Health Knighthood is conducted twice during the school year. Every class or school with an enrollment as large as seven is privileged to become a jouster, if the teacher so desires. It is merely necessary to keep the records of the pupils' performance of chores over 15 consecutive weeks, and to submit a report occompanied by the chore records. Any period of 15 weeks may be selected by the teacher between the first Sunday in September and the last Saturday in February and between the first Sunday in January and the second Saturday in June. Apply for the tournament guide circular and report form. Hundreds of schools have won national pennants.

AIDS TO HEALTH TRAINING



The **Order of the Round Table** is an optional feature of the Crusade recommended as a means of health training additional to the chores. Crusaders become Knights of the Round Table by earning points in some of the following ways: physical examinations, tests in nutrition, posture and athletics, high standing in hygiene or physiology, first aid, swimming, scouting and community sanitation. (See § 37 to § 50.)

Other recommended activities explained in the manual are tooth brush drills, setting up exercises, story telling and games, project chore records and health books, playlets, pageants and health clubs.

2. Principles and Pedagogy

When boys and girls, in all states of the Union and in foreign countries in three continents, take up the systematic performance of "health chores," a phenomenon is presented that invites explanation. The health chores have of themselves no attraction for the average child; they are to him odious duties, performed only under social or parental pressure.

Good reasons for doing hygienic duties are set forth attractively in the modern type of school text-book. No set of facts to be learned in school has greater value, but usually the pupil fails to translate this knowledge into his own conduct except under outside influences. "Education among us consists too much in telling and not enough in training." The Modern Health Crusade brings into the schools a distinct influence serving to reinforce established courses in hygiene, physiology, physical training and sanitation. It does not conflict with such courses but adds vitality.

Personal and community health is the object of these courses. Health is not so much a matter of extensive **knowledge** of facts as of **will** to comply with a few simple laws from day to day until compliance becomes habitual. The Crusade system supplies the will by **interesting** the child. Interest is sustained so that will may continue to function and the repetition of action required by the law of habit formation may be secured. The Crusade applies to the pupil the pedogogical principle of learning by doing. Habits are formed while reasons are being learned. As in Alice in Wonderland, "the best way to explain it is to do it." The value of health, the direct motive, is not sufficient to arouse the child's will. An adult seldom values health sufficiently to follow its laws closely until sickness makes health sorely missed. An indirect motive is important for the adult and indispensable for the child. The Crusade supplies the child with a powerful indirect motive for patient work in acquiring good health habits.

In providing the motive the Crusade utilizes various principles of child psychology. Every child wants to play: every child likes to play that he is grown up and is doing great deeds. The Crusade introduces a play element into the practice of hygiene. It

transfers the romance of the medieval Crusades to a vital present-day quest. It holds up to children the chivalry of health, a field for great deeds. It dramatizes the pursuit of health. The Crusade allows the child to follow his imitative instinct. It makes him feel—and rightly—that he is of some importance and that he is taking an active part in a great movement. The Crusade makes an instant appeal to the child, through its titles, won by his own achievement. It interests him in its group contests. It provides Dr. Burnham's "stimulus of success" for children in large numbers, not for a single prize winner who succeeds while all his mates must fail. The Crusade appeals to the child in the spirit of emulation rather than competition, of reaching a high standard rather than surpassing another child.

Opportunity to belong to the national Crusade appeals strongly to the child. He finds an outlet for patriotic aspirations. He has incentive to do his part to assure the country that in another draft for war one person out of three shall not be rejected for physical defects due to bad health habits.

3. Adopted as a Curriculum Course

The departments of education of more than one-third of the states have adopted the Modern Health Crusade as a curriculum activity. The manuals of physical education issued by a number of states incorporate instructions for conducting Crusade work. Local school systems in every section of the United States employ the Crusade to make teaching of hygiene practical.

Resolutions endorsing the Crusade system have been adopted by the National Education Association and the National Congress of Mothers and Parent-Teacher Associations.

4. Results

The Crusade promotes good health and the prevention of disease not only for children but for their families and neighbors. On the moral side, the Crusade contributes

to the child a needed drill in truthfulness, regularity in duty, and education of the will. The method of recording performance of the chores, under which the child is put on his honor to choose between right and wrong statements, affords an ethical discipline comparable in value to the physical discipline. (See § 63.) The Crusade awakens responsibility for community welfare and makes the teacher's work lighter by keeping the children's minds alert and by promoting both attention and attendance.

The following quotations are from letters written by school superintendents, state, city and rural:

"The whole work of the Crusade is practical and wholesome and no child participating can help being benefited."

"The movement rapidly gained the support of the teaching force and the grade officials, all of whom endorsed it in very positive terms as productive of marked good."

"The teachers in charge are all delighted with the work and do not hesitate to say that colds and usual epidemics are lacking where the health chores have been kept up."

"After a few weeks of the Crusade, I regard the results as superior to a year of physiology as ordinarily taught.

(From a superintendent who was skeptical) "I presented the matter at the teachers' meeting in a half-hearted way. It was presented to the pupils the next day. Imagine my surprise when I reached home to find my own children as enthusiastic as they had ever been over Christmas! * * * Mothers stopped me on the street to thank me for making it so easy for them to keep their children clean and for leading them to form good habits that had seemed impossible before."

5. Scope

The Modern Health Crusade is directed broadly to the upbuilding of health. Its campaign is not limited to tuberculosis or any particular disease. While the Crusade is essentially a system of instruction, to the Crusaders it has the appeal of an organization. Schools taking up Crusade work do not, however, assume membership obligation in any organization. Such organization as is suggested in this manual is optional with school authorities and is designed to appeal to children, giving them mass stimulus to health activities.

6. Aid to Hygiene—Coordination—Credits

Teachers conducting textbook courses in hygiene, physiology and sanitation will find that taking time to direct their pupils in the performance of the Crusade chores will vitalize these courses. The chores and rules of the Crusade are the essence of hygiene. The application which successive portions of progressive textbooks like the following have to the several chores is apparent and should be cited by the teacher in each instance for the purpose of clinching knowledge derived from the books:

Overton. "Personal Hygiene," "General Hygiene." Davison, "Health Lessons." American Book Co.

Emerson and Betts, "Hygiene and Health," "Physiology and Hygiene." Bobbs-Merrill.

Haviland, "The Playhouse." "The Most Wonderful House in the World." J. B. Lippincott.

Gulick, "Hygiene Series." Ginn & Co.

Winslow, "Healthy Living," I-II. C. E. Merrill Co.

O'Shea and Kellogg, "Health Series." Macmillan.

Ritchie and Caldwell, "Primer of Hygiene." Ritchie, "Primer of Sanitation," "Primer of Physiology." World Book Co.

Hallock and Winslow, "Land of Health." C. E. Merrill Co.

Schools are coordinating Crusade work with various studies, such as reading, composition and arithmetic, as well as the health studies. The National Association will refer principals to outlines or syllabi for use of teachers in coordinating the work. It will also refer normal schools and teachers' associations to speakers experienced in Crusade work, prepared to lecture or conduct institutes.

The practice of giving school credits to pupils for doing Crusade work and to teachers for conducting it has become common. In some states teachers are authorized to grant credits as high as 50 per cent. in physiology and hygiene for doing and recording Crusade chores. In some schools Crusade work is credited to pupils as a course separate from any other. In one state where Crusade work is not obligatory the majority of county superintendents have allowed teachers from 10 to 50 professional credits out of a required 200, for conducting a Crusade course.

GENERAL CRUSADE COURSE

Recommended especially for grades 3, 4, 5 and 6. For work for other grades see § 15 to § 20 and § 37 to § 50.

7. How to Become Crusaders

All children who can write may become Modern Health Crusaders. The require-

ment for each child is the performance of not less than 54 Crusade chores each week for the number of weeks prescribed by his teacher or other adult Crusade leader. This must not be less than 12 weeks in a school year; at least 24 weeks is recommended. (See pp. 4 and 5, paragraphs (a), (b) and (c).

The performance of 72 chores in one week, consisting of the first 10 chores every day and the eleventh chore twice during the week is considered a perfect score, 100%. Fifty-four chores is the passing percentage, 75%. If the candidate does even less than 54 chores one week, he may make that week up by doing 54 in an additional week. The weeks need not be consecutive for the child to become a Crusader and earn successive titles, although they must be consecutive to be credited in a tournament. *Chore* 11 *must be performed at least one day each week.*

On the chore record scoring tables are printed covering each day for several weeks. For each chore done completely, the child or his parent marks a cross (X) in the space for that day.

The chore record should be pinned up conspicuously at home. Parents are asked to prompt their children and superintend the checking of chores at bedtime.

8. Membership

Squires, Knights and Knights Banneret have only temporary membership in the Modern Health Crusade movement, except as they re-qualify by performance of chores. Membership ends the last day of December next following the school year in which the title is earned. Crusaders with the **title of achievement,** Knight Banneret Constant, retain membership through all the years of their lives, except for such times as they may not be faithful to the Crusaders' chores.

9. The Chores

The four sets of graded chores recommended for grades 3, 4, 5 and 6 are as follows:

CHORES. FORM A (GRADE 3)

	First Week							Second Week							Third Week						
	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1. I washed my hands before each meal today.																					
2. I brushed my teeth thoroughly.																					
3. I tried hard to keep fingers and pencils out of my mouth and nose.																					
4. I carried a clean handkerchief.																					
5. I drank three glasses of water, but no tea nor coffee.																					
6. I tried to eat only wholesome food including vegetables and fruit.																					
7. I drank slowly two glasses of milk.																					
8. I went to toilet at regular time.																					
9. I played outdoors or with windows open a half hour.																					
10. I was in bed eleven or more hours last night, windows open.																					
11. I had a complete bath on each day of the week that is checked (x).																					
Total number of chores done each week.																					

Notes on Chores "A" as Numbered

1. Use soap. Wash hands always before handling food prepared for eating. Clean fingernails every day.
2. Brush the teeth up and down. Brush the front, back and biting surfaces. Work all food out from between the teeth. Rinse the mouth.
3. Keep from your mouth anything touched by the mouth of another person. Wash all raw unpeeled fruits before eating.
4. Use your handkerchief to cover your mouth and nose when you cough or sneeze.
5. A whole glass of water need not be drunk at one time. A glass of milk may take the place of a glass of water.
6. Food should include oatmeal or wholegrain cereals, coarse breads, and vegetables like onions, turnips and spinach.
7. Milk should be drunk slowly so as to be mixed with saliva before each swallow.
8. Bowels should move freely every day at a regular time, preferably after breakfast.
9. Play should give vigorous general exercise. Setting up exercises may be counted. If you are much underweight you should rest quietly for at least 30 minutes in the daytime and should not play hard.
10. The best place to sleep is a sleeping porch. Have enough bed clothes to keep your body warm and comfortable. Breathe through your nose. If you can't breathe with your mouth closed, see a physician.
11. Several all-over warm baths each week, followed by cool dash are advisable.

CHORES. FORM B (GRADE 4)

1. I washed my hands before each meal. I cleaned my finger-nails today.
2. I brushed my teeth after breakfast and the evening meal.
3. I carried a handkerchief and used it to protect others if I coughed or sneezed.
4. I tried to avoid accidents to others and myself. I looked both ways when crossing the street (road).
5. I drank four glasses of water but no tea, coffee nor any harmful drink.
6. I had three wholesome meals including a nourishing breakfast. I drank milk.
7. I ate some cereal or bread, green (watery) vegetable and fruit, but ate no candy nor "sweets" unless at the end of a meal.
8. I went to toilet at my regular time.
9. I tried to sit and to stand straight.
10. I was in bed eleven hours last night, windows open.
11. I had a complete bath and rubbed myself dry on each day of the week checked (x).

Notes on Chores "B" as Numbered

1. You should wash your hands before handling any food prepared for eating. Soap should be used. Wash face, ears and neck every day.
2. Brush teeth up and down. Brush the front, back and biting surfaces. Brush after every meal, if possible, and rinse. It is wise to use dental floss with care daily. Go to the dentist at least twice a year, without waiting for toothache.
3. If you cough or sneeze, turn aside and cover mouth and nose with handkerchief. Put spit only where no person nor fly can touch it.
4. Do not "catch on" or "swing off" moving vehicles. Do not throw or place anything in a way that may injure anyone.
5. Drink a glass of water on getting up. Drink some before each meal.
6. You should drink—slowly—two to four glasses of milk (preferably unskimmed) each day. Milk may be counted as water for chore 5.
7. Eat oatmeal or whole grain cereals, coarse breads, and watery vegetables, like onions, turnips, carrots, cabbage and spinach. Chew food thoroughly.
8. Your bowels should move freely every day and without use of drugs. Observe a fixed time right after breakfast.
9. Stand "tall"; lie "long." Walk with head up. Exercise your muscles in the open air. Breathe through your nose.
10. Boys and girls eleven years of age may change this chore to "ten hours in bed" but eleven hours is better. Those fourteen to sixteen years of age may change this chore to "nine hours in bed," but ten is better.
11. Bathe with warm water, washcloth and soap. Finish with cool water dash. Boys should wash their hair once a week; girls, at least once a month. Underwear should be changed after the bath at least once a week.

CHORES. FORM C (GRADE 5)

1. Besides my hands, I washed my face, ears, and neck. I combed or brushed my hair today.
2. I cleaned my teeth after breakfast and the evening meal, brushing front, back, and chewing surfaces of all teeth.
3. I did not use a "common" cup or towel. I coughed or spit only when necessary and was careful to protect others.
4. I was careful to keep myself and my desk neat, and helped keep the whole school and grounds in order.
5. I drank four glasses of water and no tea, coffee, nor any harmful drinks. I did not wash my food down.
6. I chewed my food thoroughly, ate slowly and did not run soon after meals.
7. I ate either some beans, eggs, cheese, fish or meat at one meal. I ate watery vegetables or fruit.
8. I attended to toilet at my regular time, and washed my hands afterwards.
9. I tried to keep good posture and to breathe fresh air always, through my nose.
10. I was in bed ten or more hours last night, windows open. I stretched out "long" when waiting for sleep.
11. I took a full bath on each day of the week that is checked (x). I put on clean underwear at least once this week.

Notes on Chores "C" as Numbered

1. Put nothing in your ears except the washcloth. Clean your fingernails at least once a day.
2. Brush teeth up and down. Brush after every meal if possible and rinse. It is wise to use dental floss with care every day. Use a dentifrice that is not gritty.
3. If you cough or sneeze, turn aside and cover mouth and nose with handkerchief. Have your own towel, wash cloth, glass, etc., used by no one else.
4. This chore requires cleaning of fingernails. Shoes should be brushed. Soil and grease spots should be removed from clothes. Hair should be "tidy" at school. Don't litter yard or building with papers.
5. Have four or more regular times for drinking water. Milk at meals may be counted as water for chore 5.
6. Take plenty of time for meals. Show good manners. Sit straight. Make meal time pleasant for all. Avoid hard exercise immediately before or after eating.
7. Eat meat or fish not more than once a day.
9. Stand "tall." Walk "head up." When sitting do not bend forward at the waist but only at the hips.
10. Boys and girls 14 to 16 years of age may perform this chore by nine hours in bed, but ten hours is better. Those under 10 years should sleep eleven hours at least.
11. Bathe with warm water and soap. Use a clean wash cloth. Finish with cool water dash.

CHORES. FORM D (GRADE 6)

1. I gave careful attention to personal cleanliness and neatness of appearance today. I tried to keep my surroundings sightly and sanitary.
2. I sought to keep the ventilation good and the temperature under seventy degrees in every room I occupied.
3. I tried to be cheerful, straightforward and clean minded; to do one thing at a time and the most important thing first.
4. I was careful to do nothing to hurt the health of anyone else. I played fair. I did willingly at least one kind act for another person.
5. I used no tea, coffee, nor any harmful drink; no tobacco in any form, nor any injurious drug.
6. I tried to have a "balanced" diet, including energy-making, tissue-building and regulating foods. I was careful not to overeat but tried to keep my weight right.
7. I held reading matter not less than twelve inches from my eyes. I did not read lying down or with straining light or facing the light.
8. I gave proper attention to elimination.
9. I played or exercised for at least an hour in fresh air, avoiding overfatigue. I breathed deeply and was careful to keep good posture.
10. I was in bed ten hours last night, windows open. I did not allow a pillow to make me "round-shouldered."
11. Besides bathing this week, I washed or otherwise thoroughly cleaned my hair and scalp on each day checked.

Notes on Chores "D" as Numbered

1. This chore requires daily washing of face, ears, neck and all parts of the body that because of dirt or perspiration need washing; also, cleaning the fingernails is required.
2. For ventilation windows should be opened both at top and bottom.
3. Cultivation of will through concentration, promptness and regularity and the development of character promote health.

4. Be unselfish. Keep your temper. Self control is needed for health and success.
5. Avoid "soda fountain" drinks containing caffeine or other harmful drugs.
6. In your diet of the day include fruit, coarse breads, whole grain cereals and vegetables like spinach, onions, carrots, turnips in addition to starchy food like the potato and protein food like meat.
7. If your eyes hurt or if you have headaches after reading, you should consult an oculist. Keep fingers, dirty handkerchiefs and towels away from your eyes.
8. Never postpone attention to toilet when the need is felt or when your regular time comes.
9. Play should give general muscular exercise. If you are much underweight stop playing before you are tired and rest quietly at least 30 minutes in the daytime.
10. Boys and girls 14 to 16 years of age may perform this chore by nine hours in bed but ten hours is better.
11. Hair and scalp should be thoroughly cleansed at least once a week with newly cleaned brush and comb. Boys should shampoo their hair once a week. Girls at least once a month.

NUTRITION COURSE IN THE CRUSADE

10. Nutrition Chores

The chores listed above may be known as "normal chores." They are for average children, those who need drill in practices important for health in an all around sense. A blank is provided on all chore records on which the child's weight from month to month may be entered, in comparison with standard weight for height and age, and reported to his parents. The normal chores, however, have no particular reference to malnourished children. The following special "nutrition chores" are provided for them.

1. I was weighed this week on the day checked (×).
2. Besides a nourishing breakfast and the noon and evening meals, I ate morning and afternoon lunches, as directed.
3. I ate only wholesome food to-day, including at least a pint of milk, vegetables and fruit, as directed; and tried always to eat and drink slowly.
4. I drank four glasses of water, some before each meal, and drank no tea, coffee nor any injurious drink.
5. I went to toilet at my regular time.
6. I was in bed last night ten or more hours, as directed, windows open.
7. I rested, lying down more than twenty minutes, both this morning and this afternoon, as directed.
8. I played in the fresh air to-day, exercising for the time and in the way directed.
9. I washed my hands before each meal to-day.
10. I brushed my teeth thoroughly after breakfast and after the evening meal.
11. I took a full bath on each day of the week that is checked (X).

The nutrition chores are not varied for different school grades. They may be used for underweight children of any grade and may take the place of either Form A, B, C or D of the normal chores in determining the child's chivalric titles. The performance of 54 nutrition chores each week qualifies the child as a Crusader.

For an understanding of the Crusade nutrition course, the teacher should apply for the **"Chore Record—Nutrition Edition,"** and the circular **"Instructions to Teachers and Nutrition Workers."**

11. Weighing and Physical Examination

The nutrition chores are recommended for children as much as 10 per cent. below standard weight. While it cannot be shown that **every** child 10% under weight is malnourished, 10% or even 7% may be taken as an indication that the nutrition chores may be advantageously prescribed.

Although many authorities pronounce overweight of 20% or more a condition indicating the need of special study and treatment, yet for purposes of simplicity the system here outlined is designed for use in relation to underweight children only. See also § 43.

A **complete physical examination** by a physician is highly desirable for **every** child at least once each year. It is a first step required of children who are to become Crusaders through the nutrition chores and should be repeated when time for correction of defects has elapsed. A physical examination is far superior to mere weighing and measuring in determining whether a child is undernourished and is indispensable for determining certain ailments that may not be accompanied by loss of weight. Nevertheless, if a school cannot secure the services of a physician it is recommended that all pupils be weighed and that those 10% or more under weight be advised to be scrupulously faithful to their health chores and be examined by a physician as soon as possible. Undernourished children who on account of serious physical defects or ailments require the constant supervision of a physician should be treated in nutrition clinics or classes or by other intensive methods.

METHOD OF WEIGHING

The child should be weighed in his ordinary indoor clothing without coat or sweater. Shoes should be removed. Height should be measured at least every six months. The child should stand with feet together and close against the measuring rod. For lack of a rod, two yard-sticks may be tacked, or a tape measure may be pasted, on a wall. A book placed edgewise on the head and against the tape at right angles indicates the height. Apply the weight, height and age to the standard weight tables. They are printed on the nutrition chore record, the Roll of Health Knighthood and Squire's Certificate. See also § 43. Consider the child's age to be that at his birthday less than six months from date, either past or future. Find the difference between his actual weight and the standard (average) weight shown on the tables. Determine what percentage of the standard weight this difference represents. This is done by adding a decimal point and two ciphers to the difference and dividing the standard weight into it. The percentage is the number of hundredths in the quotient. A table giving percentages fully computed is available. See list of supplies, § 14.

12. Nutrition-Chore Record. A Weight Chart

In the nutrition chore record the table of spaces for checking chores serves also as a chart for "plotting weight curves." Lines are drawn on it to indicate the child's change in weight over 10 weeks and the change in weight that the average child of the same height and age makes. This is illustrated in the chore record printed on pages 24 and 25. The teacher or school nurse writes consecutive numbers in columns R and W ranging from three pounds below the child's weight on the start of the nutrition course to ten pounds above it. In the case illustrated, Robert's weight on or before February 12th was 63 lbs. This is shown by the dot made in column R at the scale division line for 63. He was weighed each Friday. The dots made in the Friday columns are so placed as to indicate Robert's successive weights on the scale in column R and in column W. The lines connecting these dots make his "actual weight line."

"Standard weight" for a boy of Robert's age, 9, and height, 54 inches, is 70 lbs. and the average boy of 9 gains about 1¼ lbs. in 10 weeks, reaching 71¼ lbs. (The approximate gain to be expected is shown in a table on the nutrition chore record.) The straight line drawn from the 70 point in column R to the 71¼ point in column W accordingly is the "Standard Weight Line." Every underweight child finds the interest of a game in striving to make his actual weight line cross the average weight line, as in Robert's case.

The nutrition chore record is ordinarily kept at home for checking the chores each day and is brought to the school or the nutrition class on the weighing day each week for the teacher to draw the weight lines. The nutrition chore records like the normal chore records, are brought to the teacher for determining school gradings or credits at the close of each school month or other period such as 5 or 6 weeks as determined by the school.

STORIES

For list of stories on nutrition, suitable for the younger grades, see § 64.

CRUSADE SUPPLIES

13. Costs and Financing

The cost of Crusade material is so low and the results of a Crusade course are so beneficial that all schools are justified in including Crusade supplies among the material provided for pupils. For schools that use the least amount of Crusade supplies with which the chore course may be conducted, the cost of supplies is approximately 1 cent per pupil for 24 weeks. For schools that use all the material recommended, including insignia of the most expensive type, the cost is approximately 5½ cents per pupil. (This is increased somewhat, by the award of badges to Knights Banneret Constant.)

The number of schools meeting the expense of Crusade courses has multiplied rapidly. The national and state tuberculosis associations and the Junior Red Cross, the organizations that meet the expense almost entirely in the yearly development of the Crusade, cannot, from limited funds contributed for various lines of philanthropy, permanently meet the expense of a movement best conducted by the schools. If Crusade supplies are not furnished free by the schools or pupils are not required to purchase them like textbooks, expenses are met frequently by local organizations, such as chambers of commerce, parent-teacher associations, patriotic organizations and women's clubs. A Junior Red Cross group earned more than twice the cost of Crusade work in its community by charging 15 cents admission to its presentation of the Crusade playlet "King Good Health Wins." (See "Playlets," § 53.) "Community Suppers" have proved successful in financing Crusade work. Money has been raised by inviting certain adults to join a local Crusade club or league as honorary members with dues of from one to ten dollars.

14. List of Supplies

The general distributor of Modern Health Crusade supplies throughout each state is the tuberculosis or health association for that state listed on the last page of this manual. **Price quotations may be obtained by inquiry of the state association or national association.** Sample copies of printed matter are sent free to applicants within the state. The National Association will mail a complete set of sample copies, including this manual, on receipt of 4c. postage.

*Chore Records (Normal)

Chore records are printed in two editions and each edition in Forms A, B, C and D for the four graded sets of chores. The first edition is in ten pages, two colors, carrying scoring spaces for 24 weeks. The second edition is a single sheet, two pages (6¾x10 in.), one color, with a score card for six weeks. The cost of one of the 10-page records is approximately twice the cost of four of the two-page records.

* Nutrition chore record (ungraded)
* Brief Explanation for Teachers
* Manual (this pamphlet)
* (Course of Study in Hygiene. A handbook now in preparation, outlining for teachers a complete course for each elementary grade throughout the school year.)
* Instructions to Teachers and Nutrition Workers
* Table of percentages under or over standard weight
* Squire's Certificate of Enrolment
* Knight's button

Knight Banneret's button or pin
Knight Banneret Constant's pin

* Roll of Health Knighthood (wall chart)

Dennison gummed stars, No. 1, purchased of stationers: green (squire), blue (knight), red (knight banneret), silver (knight banneret constant), gold (knights of Round Table)

* Guide to Tournaments and Cup Contests
* Report Form for Tournaments and Cup Contests
* Prompter and Hygienic Inspection Blank
* Round Table Report Form

Round Table Certificate of Membership
Round Table Badge

* Keep Well Guide for Every Day and Food for Growing Children (Reversible wall chart illustrated in colors on both sides)

Commission for Health Club
Banners for 100% enrolment Knights Banneret
Pennants "Modern Health Crusaders"
Paper Pennants "Modern Health Crusaders"
Panels (posters) on chores, 12 to a set (National Child Welfare Assn.)

* Crusade Minstrel (song book)
* Ellis Parker Butler's Crusade Story

Health Plays listed in circular "Plays and Pageantry"

* Health Stories

In ordering supplies those marked with the star (*) should be secured before the opening of the Crusade course. Those not so marked may be secured later, if expedient.

Quantities needed are suggested on page 6. Insignia should be ordered at least 3 or 4 weeks before they are earned to make sure that the expectant Crusaders be not kept waiting.

KEEP-WELL GUIDE FOR EVERY DAY

The chart, "Keep-Well Guide for Every Day," listed above, has unusual educative value.

It is made of durable paper, tinned at top and bottom, and is printed in colors on both sides. A time schedule of hygienic duties, covering the Crusade chores, is featured on one side under the headings, Morning, Forenoon, Noon, Afternoon, Evening, All Day, while a pleasing cartoon presents a dietary incidentally. The other side features a dietary under the headings, Breakfast, Dinner, Supper or Lunch, The Best Foods and Foods to Avoid, while in the border eleven drawings of a high type of art illustrate the chores. The teacher is instructed, in a fine-print notice, to expose the sides alternately a month at a time.

INTRODUCTORY COURSE

For the kindergarten and the first and second grades.

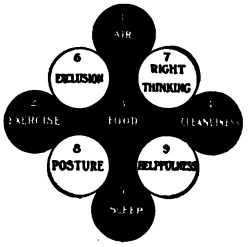
15. Crusaders' Code

The Crusaders' Code furnishes a condensed statement of most of the health chores in the form of rules. The Code groups these rules under the nine principles of the

I washed my hands before each meal today.
I washed my face, ears and neck, and I cleaned my fingernails.
I kept fingers, pencils and everything likely to be unclean or injurious out of my mouth and nose.
brushed my teeth thoroughly after breakfast and after the evening meal.
I took ten or more slow, deep breaths of fresh air. I protected others if I spit, coughed or sneezed.
I played outdoors or with windows open more than thirty minutes. I tried hard to sit and stand straight.
Food for Growing Children
Breakfast
Fruit, cereal, glass of milk, bread (whole wheat) and butter, egg.
Dinner
Starchy vegetable (potato or rice), other vegetables (like string beans, spinach, carrots or beets), a little protein (eggs, peas, beans, fish or meat), bread and butter, dessert (plain pudding or fruit).

Portion of "Keep Well Guide" wall chart.

Crusade and these principles are symbolized by the Crusaders' cross of nine circles. The rules, the principles and the cross may advantageously be used in health teaching for all elementary grades. They are the base for the Crusade course for the beginning grades.



1. Air—Be outdoors much of your time. When indoors, be sure that ventilation is good. Breathe through your nose. Breathe deeply when exercising.

2. **Exercise**—Play and exercise daily. If you are undernourished, have a rest period in the daytime; exercise thoroughly, but stop before you are tired.

3. Food—Eat wholesome food, including fruit, coarse breads, wholegrain cereals, and vegetables such as carrots onions and greens Avoid fried foods, soggy breads, pickles, spices; avoid much meat, pie crust, cake and sweets. and all impure candy. Eat a nourishing breakfast Have three regular meals Drink, slowly, at least two glasses of unskimmed milk, pasteurized or pure. Drink plenty of pure water.

4. Cleanliness—Wash your hands always before eating or handling food. Wash ears, neck, face and clean your fingernails every day. Bathe your whole body twice a week at least and shampoo often. Attend to toilet at a regular time every day. Through right food and exercise, see that you eliminate freely. Brush your teeth thoroughly

after breakfast and supper. Remove food from between teeth. Have all cavities in your teeth filled. Consult a dentist twice a year. Have a complete physical examination each year.

5. Sleep—Get a long sleep every night. Sleep on a porch or have windows open top and bottom.

6. Exclusion—Keep fingers, pencils and everything likely to be unclean out of your mouth and nose. Drink no tea, coffee nor drinks containing injurious drugs. Do not smoke or use tobacco in any form.

7. Right Thinking—Keep your mind clean. Be kind, cheerful and courageous. Be sincere and fair.

8. Posture—Sit and stand straight. Lying down, be long. Hold reading matter not less than 12 inches from your eyes. Do not read lying down or facing the light. Have your eyesight tested.

9. Helpfulness—Be helpful to others. Guard against accidents to others and to yourself. Whenever you cough or sneeze, turn your head aside and cover your mouth with your handkerchief. Spit only in a place safe for the health of all. Keep your clothes, shoes and books neat.

16. Kindergarten

For the kindergarten children the use of pictures illustrating the various health chores, with no reference to recording personal performance of the chores, is recommended. All children enjoy cutting out and mounting pictures. In the Story Hour the teacher may tell a story illustrating one or part of one of the health principles of the Crusaders' Code, and ask the children to look for pictures in the advertising sections of the magazines, or elsewhere, to illustrate the particular "health chore" about which she has been telling them. The pictures may be brought to school and in the "seat work" periods they can be pasted and mounted in the cover paper books which the children themselves can make. These are the "health books," and each child should be encouraged to make his book as attractive as possible. See § 36.

There is a wide variety of health chores contained in the Crusaders' Code. For example, under principle 1, four separate "chores" can be developed:

1—Be outdoors much of your time.
2—Have good fresh-air ventilation when you are indoors.
3—Breathe through your nose.
4—Breathe deeply when playing.

Similarly, under principle 4, the following cleanliness chores can be developed.

1—Wash your hands before eating.
2—Wash your hands before handling food.
3—Wash ears, neck and face.
4—Clean fingernails.
5—Take two baths a week.
6—Wash hair often.
7—Attend to toilet at a regular time each day.
8—Clean teeth in the morning and evening.

In like manner a set of health chores can be developed from each of the nine health principles of the Crusaders' Code.

The teacher knows best which health chores are most necessary for her particular group. For the kindergarten children it would seem best to have in mind some such simple set of "health chores" as these:

The "Do" Chores

1—Clean hands.
2—Clean face, ears and neck.
3—Clean teeth.
4—Drink milk.
5—Drink water between meals and before breakfast.
6—Sleep with windows open.
7—A bath at least once a week; twice, if possible.
8—Attention to toilet at a regular time each day.

The "Don't" Chores

1—Don't put fingers, pencils or anything likely to be unclean into mouth or nose.
2—Don't drink tea or coffee.

Advertisements of soap manufacturers offer excellent material for pictures illustrating cleanliness. Advertisements of bathroom fixtures are also good for this subject. Where it is difficult to find good illustrations for some of the chores, simple drawings can be made by the children, in some instances. For the chore regarding regular

attention to toilet, the picture of a clock, suggesting the value of regularity, may be used. Similar adaptations will occur to every teacher.

CLEAN HANDS

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

John White

17. First and Second Grades

For the first and second grades a combination of the pictured chores of the kindergarten and the printed chore records of the third and following grades can be made by the child under the teacher's direction. The method is indicated in the picture above.

The name of the child should be written on his chore card. The checking of the chore cards can be done each day at a regular time. Under the direction of the teacher each child who has performed the chore puts an × on his chore card on the line for that day. If it is desirable to use the same chore card for two weeks, a vertical line can be drawn through the middle of the horizontal lines for the days of the week. § 22 on Prompting and Inspection will be found helpful for suggestions on checking up the performance of the chores.

After one chore has been thus recorded for two weeks (or other period set by the teacher), another chore should be added. After the faithful performance of two chores for a similar period, a third chore may be added. Additional chores in considerable variety may be added from time to time as the teacher may see fit, and those first taken up may be omitted in class work for awhile, to be reviewed later.

18. Supplementary Devices

A teacher in Ohio, to induce her children to drink milk and give up coffee and tea, drew a coffee-pot in one corner of the blackboard and in the opposite corner pasted a picture of a fine Jersey cow. Under the cow was printed, "We Drink Milk," and the names of the children who drank milk were written beneath. Each week the list of the children who drank milk increased until finally every child in the room had his or her name under the cow. Then with great ceremony the coffee pot was erased from the blackboard.

To teach cleanliness, another teacher told her children the story of the "Little Pig Brother" who had to go out and live with the pigs because he wouldn't keep clean. Then she had small kodak pictures taken of each child and pasted these on a large sheet. Little pigs were cut out of paper and when the pupil inspector (or teacher) found a child with dirty hands or some other mark of uncleanliness, that child had to go up and pin a little pig over his own picture. The children loved this game and soon cleanliness abounded in that room.

(Above stories from the article of the Child Health Organization, "Playing the Health Game," in the May, 1922, issue of Visual Education.)

In a Denver school the teacher drew an enlarged chore card on the blackboard with a space for each child's name. Each morning tiny sticks were placed on each child's desk, each stick representing a health chore. The children held the sticks in their hands while the teacher read the chores. For every chore a child had omitted, he laid a stick down on his desk. At the end of the prompting, each pupil had to tell how many

sticks he had left in his hand and how many he had laid on his desk, thus combining a lesson in arithmetic with a lesson in health.

19. Stories and Songs

For the story hour there are a number of delightful health fairy stories (See Bibliography, § 64). "Billy Boy" is given below.

BILLY BOY

Billy Boy had been playing in the field all morning. He was hungry and ran to the house for some sugar cookies.

"Please, mother, I should like two of them to take with me to the pasture."

"Take them, little son, but be sure to wash your hands before you touch them."

Now Billy Boy usually minded his mother because he loved her dearly, but today he was in such a hurry that he forgot.

He hurriedly took the two sugar cookies and ran back to the pasture, where he had piled high a fortress of leaves. He sat on the cushiony walls and contentedly ate the cookies. The warm sun shone on him and he nestled closer down in the leaves.

His pet pussy came slowly down the path.

"Come and sit with me, Gray Pussy, sing to me and purr a story for me."

"Indeed, I shall not," said Gray Pussy. "Your face is dirty and you didn't wash your hands before you ate. Oh, no, no, I like to stay with little boys who wash their hands and faces."

She walked away, jumped up on the fence and began to wash her face with her paws.

Gallop and trot, gallop and trot, came a little black pony down the path.

"Why, little black pony, where have you been? Do stop and play with me."

"Not today," said little black pony. 'It is dinner time and I am hungry, but I do want a drink before I eat. I always drink water before I eat if I can get it. Good bye."

And he galloped merrily along down the path.

Just then a Scotch collie came marching along,

"Stop and play with me, Collie Dog," said Billy Boy.

"Not today," said Collie Dog.

"There are so many things I must do to help others. Drive the cattle home, look after the sheep, keep the pigs away from the apple barrel your father had to leave in the orchard. No, Billy Boy, it is more fun to help others today. Some other time I will play with you."

Bang! Billy Boy tumbled over backward and laughed. He had been asleep on his leaf fortress and the animals hadn't really talked to him at all.

But as he went to the house he said: "Gray Pussy, I will wash my hands before I eat; Black Pony, I will remember to drink a glass of water before my meals, and Collie Dog, I want you to know I am going in right now and ask mother to let me help her."

And he did.

(Theresa Dansdill, Courtesy Iowa Tuberculosis Ass'n.)

Songs. "The Yankee Doodle Song" and "Round and Round the Mulberry Bush" are two motion songs which lend themselves very satisfactorily to health chore drills. See Section 57.

20. Games and Drills

Drop the Handkerchief

The players form a circle, the first choosing a good food and the next a bad food, and so on. A child outside the circle drops a handkerchief behind a good food, whose name is called out by the others, and runs for the vacant place. If caught, he must go in the center of the circle. If he forgets and drops the handkerchief behind a bad food he must go inside at once. This game is a memory test. See also **Games for Elementary Schools** in Games for Playground, Home, School and Gymnasium, by Jessie H. Bancroft. MacMillan Co.

Toothbrush drill (see Section 27).

Handkerchief drill (see Section 28).

Setting-up exercises (see Section 26).

AIDS TO GENERAL, NUTRITION AND INTRODUCTORY COURSES

21. School Aid in Practice of Hygiene

As required by law in some states, elementary schools are coming more and more to set aside time in which the teachers shall remind pupils of daily health chores and inspect them to test observance of duties. In one state the following activities are required: (1) daily hygienic inspection (taking about ten minutes), (2) a two-

'minute drill in physical exercises at the beginning of a class, at least four times a day, (3) directed recreation (140 to 240 minutes per week), (4) formal gymnastics (60 minutes per week, in more than one period), and (5) instruction in hygiene (at least two periods of 10 or 15 minutes each per week).

The Crusade promotes a realization of the wisdom of allotting time thus definitely in school hours for practical health instruction and physical training. The Crusade chores supply a basis for hygienic inspection and are in harmony with all of the above five requirements. The Crusade makes such requirements interesting both to teacher and pupil.

22. Prompting and Inspecting

Beginning with the first grade and continuing through the last grade in which health chores are taught, teachers should prompt pupils by questioning them on performance. The methods for both prompting and inspection are given on the **Prompter and Hygienic Inspection Blank.** This blank, a handy sheet 6 by 9½ inches, furnishes a ready record for a class or row of ten pupils over four weeks. Checking spaces are provided for the five school days of each week. It serves in connection with any of the sets of chores, A, B, C, D or nutrition, and special lists used in the first two grades.

The following paragraphs are printed on the blank:

1. Prompting

A. Question the pupils each day about their performance of the health chores, asking about each chore in turn, thus:—Question 1-10. How many of you yesterday and so far today have done chore 1? Chore 2? (Read each chore from 1 to 10 after this question).

Question 11. (Read chore 11). How many of you have done chore 11 once this week? Twice?

Question 12. How many of you checked the chores done yesterday (and Friday and Saturday*) on your chore records?

B. Have the pupils who have done the chore in question hold up their hands. After the name of each pupil who does not hold up his hand, mark the serial number of the chore in the space for that day. In the same way mark "12" for failures on question 12.

*To be included in question 12 on Monday.

2. Inspection

NOTE: Any of the following three methods of inspection are recommended: 1. The teacher stands by a window and has the pupils march by her in single file; 2. The pupils stand in line, and the inspector passes in review; 3. The pupils sit and the inspector passes up and down the aisle.

A. Conduct the hygienic inspection after the questioning.

B. Enter the number of any chore which the inspection shows the pupil has failed to perform to the teacher's satisfaction, in the space for that day (unless already entered).

C. Procedure

1. Call the class to attention.
2. Have the pupils thrust up their sleeves and place their hands upon the desk, palms down.

DAILY INSPECTION OF CHORE PERFORMANCE

3. Inspect hands for (a) cleanliness, (b) rash, (c) nails (note dirt and biting).
4. Inspect teeth. Have the children draw their lips well apart to display the teeth.
5. Observe the face, ears, neck and scalp. Have the child draw his collar slightly away from his neck, turn his head to one side, then to the other.
6. Inspect shoes for (a) neatness, (b) correct shape, (c) right size.
7. Speak privately to the child if there arises anything which might cause embarrassment.
8. Refer the child to school nurse or physician if there are disease symptoms.

Recommendations

For the more advanced classes daily hygienic inspection may not be required, but prompting on the chores, through questioning, should be maintained.

For a small class the teacher alone asks the question, makes inspection and enters the record on this blank. For a large class she may appoint a pupil to inspect each one or two rows and to record chore omissions. In classes organized as Health Crusade Clubs, the officers do the inspecting and recording. Competitions between rows or teams for the performance of the most chores are useful.

23. Symptoms of Illness

Cases of contagion discovered by inspection should be referred for exclusion to the principal, school physician or nurse. Beside rash and pediculosis, watch should be maintained for eye discharge and the early signs of general illness. When unhygienic conditions are discovered the pupil may be spoken to privately after class and embarrassment avoided. Children who show evidences of extreme neglect should be referred to the school nurse or a public health nurse for home visits. In schools that have the service of a physician and nurse, their arrival at school should be announced to each teacher and all contagious or suspicious cases should be sent to the doctor's office, taking a reference slip from the teacher. Any deviation from the normal in a previously healthy child should be a warning to the teacher.

24. List of Symptoms

The beginning of most children's diseases shows one or more of the following symptoms. Depending upon the severity of the symptoms, the pupil should be separated from others and watched, sent to the doctor or nurse, or sent home to the parents with a written explanation and recommendation that the family physician be consulted.

Cough. (Children who sneeze or cough should be taken from their regular seats and isolated. This is most important, for many diseases are spread by sneezing and coughing.)

Sore throat or hoarseness. Running nose. Cheeks flushed. Fever. Chills. Pallor. Vomiting. Headache. Backache. Pain, especially in the abdomen or chest. Eruptions, rash, itching, irritation of the skin.

Red eyes, with or without discharge, especially if accompanied by any of the following symptoms of defective vision: scowling, squinting, headache, holding reading matter at an unusual distance from the eyes.

Running ears and deafness. Swelling in the neck, particularly if in the region of the ear. Shortness of breath. Chronic drowsiness (usually indicates poor ventilation or high temperature in the school room). Chronic restlessness. Frequent requests to leave the room.

Malnutrition, loss of weight, mouth breathing, decayed teeth, irritability and disinclination to study or play are general symptoms indicating a condition favorable to disease.

25. Window, Thermometer and Sanitary Inspectors

The appointment of window and thermometer inspectors promotes class hygiene. Window inspectors open the windows freely before the two-minute drills or at the end of each class session on days when the windows are largely closed on account of cold, and close the windows immediately before studies are resumed, to the position at which a temperature of 68 degrees may be maintained. The duty of the thermometer inspector, when artificial heat is used or the windows are not fully open, is to record the temperature periodically morning and afternoon. When more than 68 degrees is registered he is to notify the teacher promptly and his record should be handed to her once a week.

The sanitary inspector reports to the teacher any unhealthful conditions found about the school during the week, such as unsanitary outhouses or lavatories, bad air, untidy halls, etc. The teacher may ask him to report to the class and have remedial measures discussed. Pupils can be made to feel it an honor to serve as inspectors of either kind. New ones should be appointed once a fortnight or at regular intervals.

26. Setting-Up Exercises: Two-Minute Drill

For grades 3 to 8.

At the sound of the bell, inspectors should open windows without command. Coats and sweaters should be removed.

Class: Stand! (Face windows at once without command.)

1. Breathing. Four times.
   In! Six counts for inhalation.
   Out! Four counts for exhalation.
   Right (left): Face!
2. Stretching. Four times. (This exercise must be done to response commands, using the cues indicated.)
   Bend! Bend the trunk forward, touching hands to toes.
   Shoulders! Stand erect, touching hands at sides of shoulders in passing to next position.
   Stretch! Stretch the arms upward, palms toward each other. Do not bend backward.
   Higher! Make an effort to stretch higher.
   Down! Turn hands and bring arms sideways downward quickly, without noise. If the room is too crowded for the sideways downward movement, the arms may be brought down, close to the body.
3. Knee bending. Eight times. (Thumbs locked behind without command. This exercise should be taught, using the cues indicated. When it is thoroughly learned, it may be done to rhythmic commands.)
   Down! Bend the knees deeply.
   Up! Stretch the knees quickly.
   Right (left): Face!
4. Breathing. Four times.
   In! Six counts for inhalation.
   Out! Four counts for exhalation.
   Class: Sit!

—From Physical Training Syllabus, New York.

Teachers will find directions for other forms of physical exercise for a class in some of the textbooks. The National Association will refer inquiries to publications on gymnastic exercises, athletic drills, supervised play and games, in addition to the books named in this manual. (See Bibliography § 64.)

27. Toothbrush Drill

On account of lack of home instruction in the care of teeth, a toothbrush drill should be conducted in elementary classes at least once a month or as often as is necessary until all the pupils are taught thoroughly. For the drill each child is requested to bring his brush wrapped in plain paper and remaining wrapped until the drill. If there are not cups for all the children, two or three provided with cups, water, dentifrice and a basin should demonstrate. The class should follow them or the teacher in pantomime. The cup, real or imaginary, is held in the left hand and the brush in the right. If a brush is lacking the child should go through the motions with his index finger outside his mouth. The brush should not be given very hard pressure. No effort should be spared to secure brushes or cups for all pupils.

Attention! (All in line, elbows close to side.)

1. Ready—Water.
2. Outside surfaces (Brush inserted under cheek. Gums, as well as teeth, to be brushed not too hard.)
   a. "Upstairs"
      Left side. Down strokes. 1 to 10.
      Right side. Down strokes. 1 to 10.
      Front. Down strokes. 1 to 10. Water.
   b. "Downstairs"
      Left side. Up strokes. 1 to 10.
      Right side. Up strokes. 1 to 10.
      Front. Up strokes. 1 to 10. Water.

The brushing of the upstairs and downstairs outside surface may be combined in a circular motion.

3. Inside surfaces. First (a) "upstairs" and then (b) "downstairs."
   Left side. In and out motion. 1 to 10.
   Right side. In and out motion. 1 to 10.
   Front. In and out motion. 1 to 10. Water.
4. Chewing surfaces.
   a. "Upstairs"
      Left. Scrubbing motion. 1 to 10.
      Right. Scrubbing motion. 1 to 10. Water.
   b. "Downstairs"
      Left. Scrubbing motion. 1 to 10.
      Right. Scrubbing motion. 1 to 10. Water.

5. Empty cups and refill them.
6. Rinse the mouth.
7. Rinse the brush, shake off water, wrap it to take home.

Teeth should be brushed fully two minutes. It is important to work the bristles in between the teeth as far as possible. Dental floss used once a day, with care not to pull the gums back, will clean between teeth where bristles will not reach. A mouth wash can be made by adding to a pint of boiled water one teaspoonful of common salt and one tablespoonful of limewater. Pupils should be taught to consult a dentist every six months or oftener, to prevent trouble with teeth and resultant poor health.

28. Handkerchief Drill

The use of the handkerchief plays so important a part in the prevention of disease that a drill should be conducted from time to time in the beginning grades. Many physicians hold that blowing the nose wrongly is the chief cause of deafness.

The important points to remember are:

1. Must have a clean handkerchief each day.
2. Keep it in pocket when not in use.
3. Cover nose and mouth with handkerchief when coughing or sneezing.
4. Use handkerchief in blowing the nose.

Procedure to be followed in giving the drill:

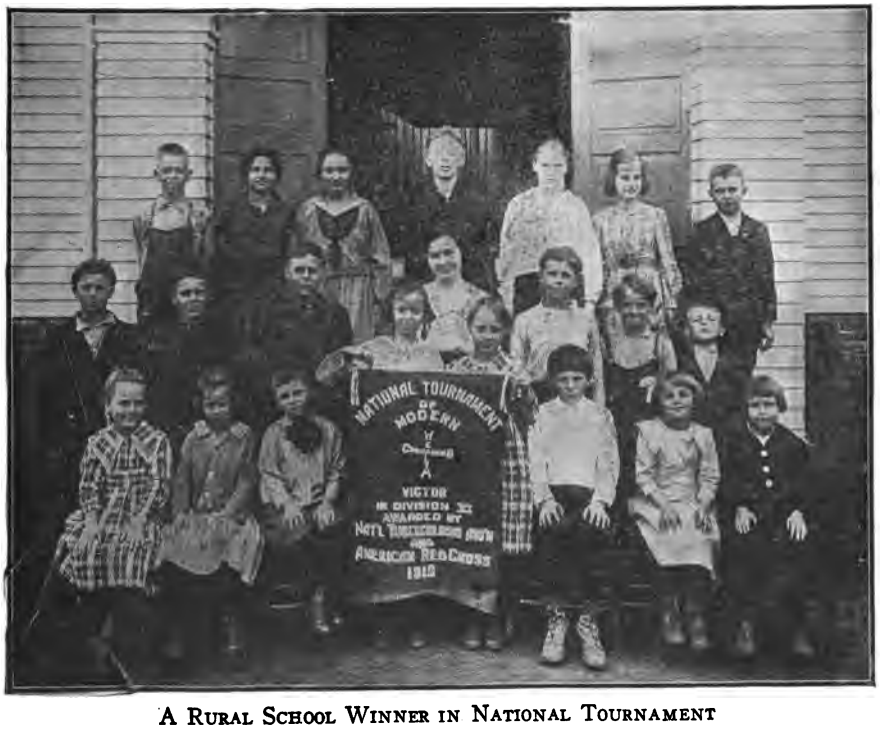
1. Each pupil displays a clean handkerchief.
2. Folds it loosely in hand.
3. Blows one nostril gently with mouth slightly open, closing the opposite nostril—is never to blow both nostrils at the same time.
4. Returns handkerchief to pocket after folding the soiled side in.

This drill is best conducted in the game spirit and may be made a matter of routine given twice daily in the first term, at the opening of the morning and afternoon sessions. The teacher or pupil inspectors should inspect the handkerchiefs at the beginning of the drill.

—Adapted from the Cleveland School of Education.

29. Tournaments

The Modern Health Crusade is planned to **interest children** in health. Group contests are one of the best means—contests in the performance of the most chores on the average for the group are effective between rows, classes, individual schools and the collective school of counties and states. Crusade tournaments are such

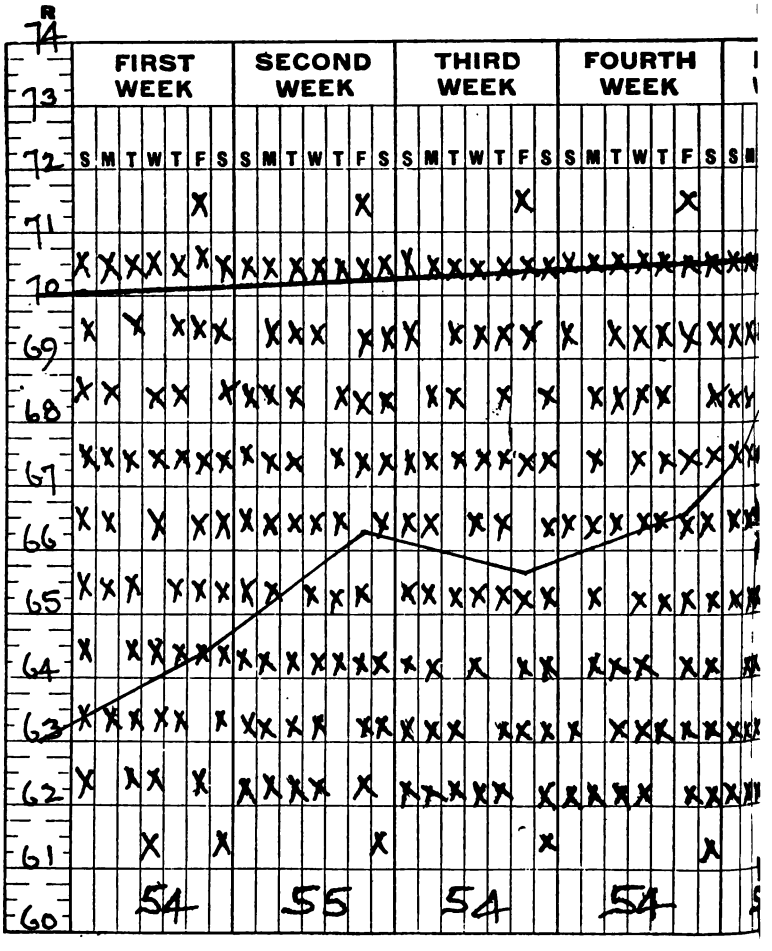


A Rural School Winner in National Tournament

Record of Health Chores

Robert Merrivale
NAME OF BOY OR GIRL

Age. 9 years Height. 54 inches



1. I was weig
2. Besides and eve lunches, a
3. I ate only at least a directed; slowly.
4. I drank each mea injurious
5. I went t
6. I was in be directed,
7. I rested, utes, both as directed.
8. I played for the tim
9. I washed m
10. I brushed and after
11. I took a fu that is chec

Total number

CERTIFICATION

I certify on my honor that I did every chore marked on the day indicated, and the total number written on this record for each week.

Robert Merriva
(Signature of boy or girl)

I believe that the boy or girl whose name is written above did the number of health chores indicated.

John Merrivale
(Signature of parent or guardian)

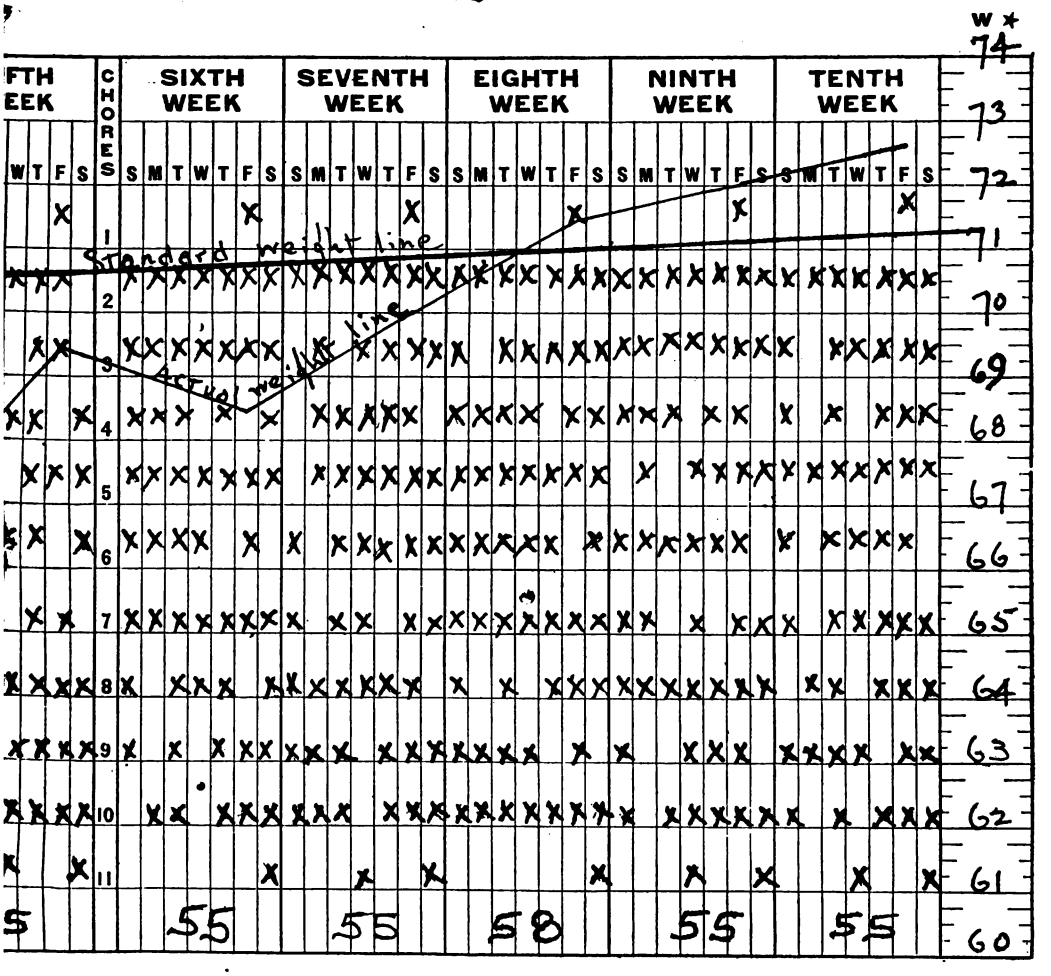
I approve the above record of chores done. This pupil was examined by a physician before the first week of the record, and the report was considered in instructions given. The pupil also submitted in advance a statement of his diet for two consecutive days, and of the manner in which he spent the hours of the day.

Jane Pamplin — Lincoln School — Oakdale, Ida. — 4th
(Signature by teacher, nurse or physician) (School) (Post Office Address) (Grade)

ALTH CRUSADE

and Chart for Weight Lines

Date February 12th To April 22 1922

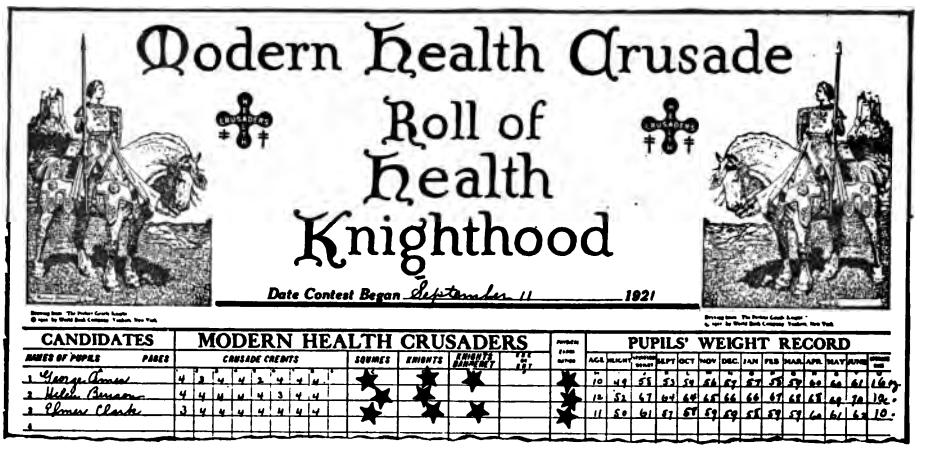


Statements To Be Filled in By Your Teacher and Shown To Your Parents

(*a*) The average weight for your height and age is 79 lbs. (*b*) Your weight was 63 lbs. on Feb. 5. 1922, showing that you were 7 lbs. or 10 % under average weight. (*c*) The increase in weight expected of a person of your age and height who is underweight is more than 1 1/4 lbs. for ten weeks.—(See Table C.)

Bring this record from home on the day when you are to be weighed each week, in order to have your weight-line drawn.

*In this column the teacher or nurse is to write consecutive numbers in the spaces from the bottom to the top, ranging from 8 pounds below the child's weight to 10 pounds above it. The weight should be taken within two weeks before he begins the chores. Each number is written immediately above the base (bottom) line of its space. This base line indicates whole pounds; the first spur above the base line in each space indicates one-quarter pound additional; the second spur, one-half pound additional; and the third spur, three-quarters of a pound additional.



contests between individual schools or classes over a fixed number of consecutive weeks.

There are two National Tournaments in a school year, each lasting over fifteen consecutive weeks. Every elementary school class with an enrolment of not less than seven pupils is eligible to compete. Contestants are grouped in eleven divisions so that the younger pupils need not compete with the older nor the larger classes with the smaller. Divisions 1 and 2 are ungraded schools, containing less than nineteen pupils and those containing nineteen or more pupils. Divisions 3 to 11 are classes grouped in grades and containing less than 26 or more than 25. Beautiful banners and pennants are awarded as prizes and extensive publicity is accorded. The first tournament occurs between the first Sunday in September and the last Saturday in February: the second tournament, between the first Sunday in January and the second Saturday in June. Within these dates the teacher submits the record of her pupils' performance of chores over whatever period of fifteen weeks she chooses.

The winners in the tournament are determined by Crusade credits. The individual pupil earns a credit of 1 for each week in which he has a record of performing 54 or more chores, including a bath. The highest number of credits a pupil can have is 15, 1 for each of the 15 weeks. The credits of the class are the average credits of the pupils.

A winner in any division of either tournament is the class or ungraded school earning the largest number of credits in the 15 weeks. All contestants earning class credits of 15 are awarded pennants. A banner is awarded to the winning contestant in each division whose record shows the greatest number of chores performed during the 15 weeks.

The rules for the tournaments are given in the "Guide to Tournaments and Silver Cup Contests." The circular and the required report form will be sent free to any teacher applying. The teacher should keep all the pupils' chore records for use in rendering the report for the tournament. The reports must be sent in before March 14 for the first tournament and before June 30 for the second tournament and cup contests.

30. Inter-State and Inter-City Contests

In contesting in the National Tournament each school contributes to the success of its state in the Inter-State Cup Contest. The silver cup, a beautiful and costly trophy, donated to the National Tuberculosis Association, is awarded to the schools of the state in which the required number of health chores are performed for 15 weeks by the most children, in ratio to school enrolment. *The performance of* 54 *or more health chores in each week is required of each child.* The 15 weeks need not be consecutive, but must be included within the school year from September to June. This contest is conducted annually. The cup is awarded for one year, but becomes the permanent property of the state in which it is won three times. The cup is held in custody for the schools in the winning state by the state health association or by the state department of education. The cup has been won by Iowa and Idaho.

A similar contest is held between cities having a population of 100,000 or more, and the trophy, another beautiful cup, is awarded under like conditions. It has been won by Washington, D. C.

31. Roll of Health Knighthood

The Roll is an attractive wall chart. It is of great value in stimulating pupils to fidelity in contests. The Crusade credits earned by each pupil towards the class

credits are entered in columns for each school month and are posted before the class. For other features see p. 5.

32. Community Contests

As the chores are hygienic duties that should be observed by every adult, great interest may be aroused and great good accomplished by a competition to enlist the most Crusaders both of school and other ages within a community. The pupils of a class or school are divided for the contest into two groups substantially equal in number, range of age, and influence. A reward is offered to the side that shall enlist most persons who perform 54 or more chores each week and check them on the chore records for fixed periods such as 5, 10, or 15 weeks. Pupils may be given chore records of the most advanced form, D, to distribute to adults. The number of hours required to spend in bed may be reduced to eight for adults.

33. Knighting Crusaders

The award of titles and presentation of badges should be carried out with ceremony. Crusade health teachings are probably imprinted for life on the minds of boys and girls who are formally dubbed knights and knights banneret. The event should be made an educational entertainment to which the public is invited. The newspapers should be given the story and the names of the knights. The ceremony (accolade) given below is a piece of pageantry readily made impressive to participants and spectators alike.

For the accolade the candidates are assembled in one room or in an open space out of doors. If they represent more than one class they should be grouped by classes. The schoolmates of the candidates should be assembled to witness the ceremony, but should be kept in a separate group.

INTER-CITY CUP, WON BY WASHINGTON, D. C., SCHOOLS, AND PRESENTED BY PRESIDENT HARDING

The ceremony is conducted by the principal (Crusade grand master) and teachers (Crusade masters). If the number of candidates is small, the sword blows should be given to each one. But one, two or three children from each class may be chosen to represent all the candidates. If a sword is lacking, a national flag, furled on its staff, may be used for the blows.

If there is but one class or ungraded school, the teacher, in the absence of the principal, may take his part, while chosen pupils give the response for the Crusade master.

34. Accolade

1. Singing of a Modern Health Crusade song.

2. The grand master occupies the center of the stage, carrying a sword. Between the grand master and the candidate stand the Crusade masters, each facing partly toward the grand master and partly toward her group.

GRAND MASTER: Hail! Whom bring you here?

FIRST CRUSADE MASTER: True and loyal workers, sir; candidates for knighthood.

GRAND MASTER: And you, my sister, who are these who follow you with such good will?

SECOND CRUSADE MASTER: True and loyal workers, sir; candidates for knighthood.

(The grand master makes similar inquiries of any other Crusade masters, who reply in turn.)

GRAND MASTER (addressing the candidates): What is the quest which you will seek if created knights?

CRUSADE MASTER OR CANDIDATES (in unison): Our quest is happiness, both for others and ourselves.

GRAND MASTER: In truth you are ambitious. Have you brought silver and gold to exchange for your precious boon?

FIRST CRUSADE MASTER: Nay, nay, sir. Silver and gold have we not. We know that happiness is not purchased with silver and gold.

GRAND MASTER: You have well said. What, then, have you with which you hope to obtain happiness?

FIRST CRUSADE MASTER: Three things we bring: clean bodies, clean minds and kind hearts.

GRAND MASTER (to other Crusade masters): And you?

OTHER CRUSADE MASTERS OR CANDIDATES (in unison): We bring the same, sir: clean bodies, clean minds and kind hearts.

GRAND MASTER: Now indeed I do perceive that you bring offerings more worthy than silver, gold or precious stones. A kind heart cannot live in the same body with a foul mind, nor can kind hearts and clean minds comfortably dwell in any but clean bodies. Squires, you are already on the way to happiness. Follow the straight and narrow path of Modern Health Crusaders. Be on your guard against that demon of unhappiness—disease. If you observe the Crusaders' rules of health you will rob this demon of many of his terrors.

Tell me now, my sisters, are you satisfied that these candidates have each faithfully performed their health chores and kept their records for the time required for knighthood?

CRUSADE MASTERS (in turn): We are.

GRAND MASTER: Give heed, my true and loyal workers, and receive the investiture of the order.

(The representatives of each group in turn come forward on signal by the grand master and kneel on one knee or stand with bowed head before him. The grand master then lightly taps each representative with the flat of his sword once on the right shoulder.)

GRAND MASTER: Squire of the Modern Health Crusade, by the authority of the (name of state) Legion of Modern Health Crusaders, I do now create each one of you a Knight Crusader and invest you with the honors of the order. May you grow in the knowledge of health and be always found fighting our common enemy, Disease.

(The Crusade masters now come forward one at a time and receive from the grand master the knights' badges. The representatives return with them to their groups.)

3. When the degree has been conferred upon the last group, all again sing a modern Health Crusade song. The Crusade masters afterward distribute the badges.

KNIGHTS BANNERET

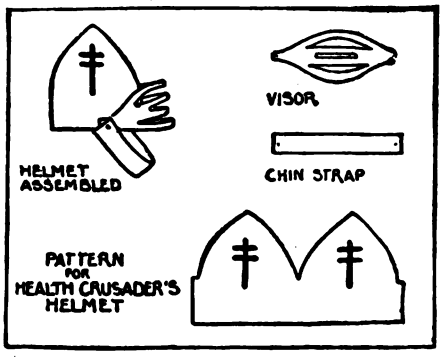
The ceremony for knights banneret and for knights banneret constant is the same as for knights, with the following changes. The grand master addresses the candidates as "sir knights" instead of "squires." The sword blows are two, one on each shoulder.

KNIGHTING CRUSADERS, 24TH STREET SCHOOL, DENVER

To add to the occasion, a Modern Health Crusade flag may be unfurled after the title has been conferred on the knights banneret. The grand master summons them to come forward, saying, "Arise, chevaliers of health, to receive your standard."

35. Costumes

The knighting ceremony will be heightened by the use of white capes and paper helmets. They are serviceable in "King Good Health Wins" and other playlets. The capes are circular-shaped, of muslin, painted with health crosses. Scarlet bloomers and white hose go well with the capes.



The pattern for a Crusader's helmet, to be used on all occasions when the health drive is featured, is very simple and can easily be made in a seat-work period. The material is stiff paper, preferably gray, put together with McGill fasteners (spreading strips of brass). No paste is needed. The following dimensions make a helmet of correct size for the average intermediate grade child: helmet, 22 by 11 inches; visor, 16 by 5½; chin strap, 16½ by 2½. After the helmet is cut and put together, insignia may be painted on in red.

36. Health Books

During several of the early years of the child's schooling, "health books" will prove valuable aids to Crusade courses. They are loose-leaf books made by the child. They are commonly made of sheets approximately 9 by 12 inches bound together at one end by two McGill fasteners or by cord. The paper should be thick and tough, preferably of a bright color.

The child's name and "Health Book" should be printed with pen and ink on the cover, some idealistic pictures like a knight, cut out from a magazine, may be pasted on the cover. Some of the inside pages should be of the pictorial scrap-book type. Magazine pictures illustrating chores or the "project" picture chore records used in the first and second grades (see § 17) are pasted on the pages. Pictures illustrating wholesome food may be clipped from magazines or seed catalogues or the labels of cans and a balanced dietary may be shown in a way to make the child remember it.

The squire's certificate is a valuable insert for the health book. One of the printed chore records on which the child has recorded his performance may be pasted in the health book as a souvenir. When the chore record is badly worn or is to be retained by the teacher for her tournament report the child copies his original checkings on a second chore-record blank. Health posters and drawings made by the child should be kept in his health book: so also compositions that meet with the teacher's commendation.

A competition to produce the best health book is effective. Both appearance and soundness of health teachings should be considered.

For Poster Contests, Playlets, Clubs and other aids, see § 51 to § 61.

ADVANCED COURSE

37. The Round Table of the Modern Health Crusade

The activities recommended for an advanced course under the Crusade system are grouped in the program of the Round Table. The work and tests required to become a Knight of the Round Table are especially fitted to children of the higher grammar grades and high school. A child must have become a Crusader of the rank of Knight Banneret through the chores of the general course, before he can become a Knight of the Round Table.

Through the re-creation of the Round Table, a subject that has captured the interest of children for centuries past, the unique interest of the Crusade is extended for children from the practice of the health chores to the study of hygiene, the acquisition of physical and athletic fitness in various ways, and participation in community sanitation work. The Round Table gives the pupil a motive to work in these lines, thus lightening the task of the teacher. It entails no organization obligations. The work and examinations of the Round Table are already employed in physical education work in thousands of schools to sufficient extent to "earn seats at the Round Table." Membership in the order of the Round Table affords the highest distinction in health chivalry. A Knight Banneret qualifying for the Round Table has a membership for three years, approximately. It terminates December 31st in the third school year following the school year in which the pupil earned his or her seat. The membership of a Knight Banneret Constant in the Round Table is, however, permanent. He has the supreme title of health chivalry, Knight Constant of the Round Table. Crusaders who have the three-year membership in the Round Table become Knights Constant of the Round Table on completion of the health chores for four years as required to become Knights Banneret Constant.

A certificate of membership in the Order is awarded by the National Tuberculosis Association. It is issued to each qualifying Crusader by the association for his state or the state superintendent of schools. Every Knight of the Round Table is likewise entitled to wear the beautiful badge of the Order. Under manufacturing arrangements made by the National Tuberculosis Asociation, the badge may be purchased at low cost (30c.) by the knight or by the local organization promoting Crusade work. An accolade for the investiture is given in § 50.

38. Qualifications for Seats

All Modern Health Crusaders with rank as high as Knight Banneret are eligible to the Round Table. The pupil secures a "seat" by earning 100 or more points through some of the following qualifications. They represent a possible 300 points.

1. Obtaining a school mark of 85% or more in a course in hygiene of the standard described below. 20 to 30 points.
2. Passing the athletic tests described. 20 to 30 points.
3. Having a weight approximating or reaching the standard for height and age. 10 to 30 points.
4. Passing the tests described for correct posture. 20 to 30 points.
5. Passing physical examinations as described. 5 to 50 points.
6. Passing the examination required for the Certificate of First Aid issued by the American Red Cross. 30 points.
7. Passing the tests in swimming required by the American Red Cross for Junior Life-saving Crews. 10 to 30 points.
8. Scouting and Camp Fire Girls. 10 to 30 points.
9. Work in a community sanitation program, in accordance with § 49. 5 to 40 points.

39. Tests

The work, tests or examinations through which the 100 points are earned must all be carried out within one and the same year (school or calendar). Tests should be made as early as possible in the school year so that in case of failure the pupil may have as long as possible after learning his defects to remove them and make a second trial.

The candidate for the Round Table who has not already become Knight Banneret may do the chores necessary to become Knight Banneret during the year in which he meets the other Round Table requirements.

The smallest number of points specified above for each test is the minimum number that may be credited. No points are credited for partial success in tests insufficient for the minimum number of points.

In schools having a physician, nurse or physical training teacher, some or all of the tests should be made by them. In their absence, the tests for enough qualifications for the Round Table may be conducted by the teacher alone, in a school with a hygiene course.

40. Reports

When a candidate is entitled to a seat and certificate, a report on the points earned, including dates of the tests, is to be sent by his teacher or principal to the association for his state listed on the back page of this manual or to the state superintendent. The report should be sent in as soon as the candidate has earned the required points, so that he may be promptly admitted to the Round Table without waiting until other candidates may qualify.

The report blank is published by the National Tuberculosis Association.

EXPLANATION OF QUALIFICATIONS

41. Hygiene Course

The course in hygiene must require at least 20 minutes of class instruction per week for 30 weeks in one school year, or proportionately more minutes for a less number of weeks. The course must be based on up-to-date textbooks in hygiene or in hygiene and physiology in combination, with the emphasis placed on hygienic practice and habit and not on physiological information. The number of points earned by a candidate for the Round Table is determined by his marks, thus:

For a mark of 95 or more (basis 100)	30
For a mark of 90 but not 95	25
For a mark of 85 but not 90	20
For a mark of less than 85	0

42. Athletic Tests

These tests are the Athletic Badge Tests standardized by the Playground and Recreation Association of America (1 Madison Ave., New York City).

For Boys.

First test:	Pull up (chinning)	4 times	20 points
	Standing broad jump	5 ft. 9 in.	
	60-yard dash	8-3/5 seconds	
Second test:	Pull up (chinning)	6 times	25 points
	Standing broad jump	6 ft. 6 in.	
	60-yard dash	8 seconds	
	Or 100-yard dash	14 seconds	
Third test:	Pull up (chinning)	9 times	30 points
	Running high jump	4 ft. 4 in.	
	220-yard run	28 seconds	

For Girls.

First test:	All-up Indian club race	30 seconds	20 points
	Or potato race	42 seconds	
	Basket-ball goal throwing	2 goals, 6 trials	
	Balancing	24 ft., 2 trials	
Second test:	All-up Indian club race	28 seconds	25 points
	Or potato race	39 seconds	
	Basket-ball goal throwing	3 goals, 6 trials	
	Balancing (bean bag or book on head)	24 ft., 2 trials	
Third test:	Running and catching	20 seconds	30 points
	Throwing for distance, basket-ball	42 ft.	
	Or volley-ball	44 ft.	
	Volley-ball serving	3 in 5 trials	

There are no weight nor age limits in these tests. They are suitable for normal children from 11 years upward. It is necessary to qualify at one time in all three events in any one test in order to win the points for the Round Table or the badges of the Playground and Recreation Association. The points won in only one of the three tests can be counted for the Round Table: 30 is the maximum number. For rules and instructions secure the booklets, "Athletic Badge Test," for boys and for girls, respectively, sent postpaid for 5 cents each by the Playground Association. The badges, in bronze, make beautiful prizes. They are made in three classes, corresponding to the three tests, as illustrated on the preceding page.

43. Correct Weight

One of the qualifications desired in a candidate for the Round Table is a weight consistent with physical fitness. Malnutrition, exceedingly common among school children, constitutes a serious menace to health. Excessive overweight is likewise conducive to disease. The following tables, A and B, give standard weights for height and age in school children. Children weighing as much as 10 per cent. below standard, and in many instances 7 per cent., may be considered probably malnourished. Table C gives the standard weights for older persons, as determined by the experience of a great life insurance company.

Both age and height should be considered in determining whether a person's weight is correct. For growing children, height measured at six-month intervals, preferably in September and March, should be considered. See § 11, Weighing and Physical Examination.

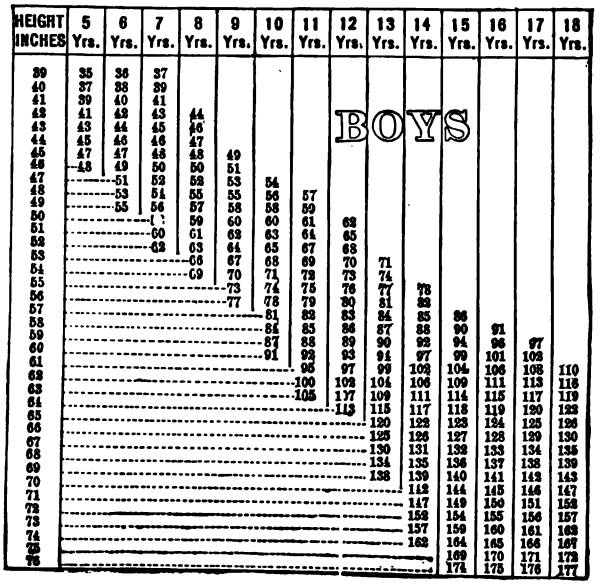
In determining points for the Round Table standard weight or a weight within the "normal zone," namely: from less than 10% below to less than 20% above standard, is credited with 30 points, except during the first two months of the school year. Weights showing greater variation from normal are credited in accordance with Table D below.

Here is an example. Jane Smith weighs 53 pounds in April and is 52 inches tall. On her last birthday in September she was nine years old. April is seven months after September and five months before September. Hence her age next September, her nearest birthday, is considered ten years. Looking down the column for ten years until the figure in line with the height, 52 inches, in the first column is reached, her normal weight is found to be 65. Finding the difference between 65 and 53, we have 12 pounds underweight. By dividing 65 into 12.00 we find that 12 is 18.4 per cent. of 65. This means that Jane comes in Class C in Table D and can be credited with only 5 points.

STANDARD WEIGHT TABLES FOR HEIGHT AND AGE

Table A

Height and Weight Table for Boys



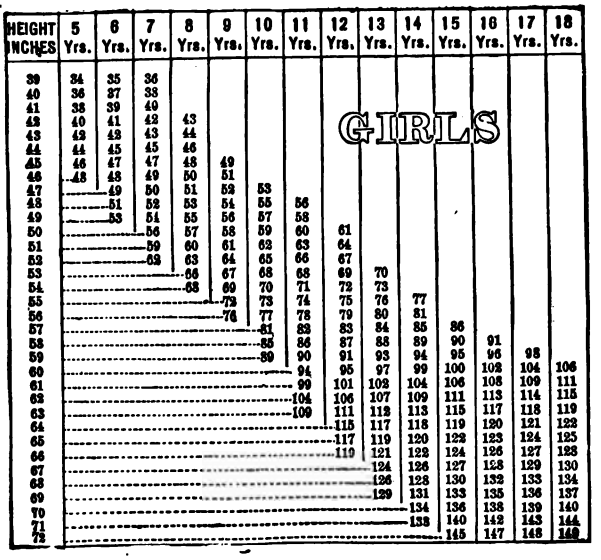
HEIGHT INCHES	5 Yrs.	6 Yrs.	7 Yrs.	8 Yrs.	9 Yrs.	10 Yrs.	11 Yrs.	12 Yrs.	13 Yrs.	14 Yrs.	15 Yrs.	16 Yrs.	17 Yrs.	18 Yrs.
39	35	36	37											
40	37	38	39											
41	39	40	41											
42	41	42	43	44										
43	43	44	45	46										
44	45	46	46	47										
45	47	47	48	48	49									
46	48	49	50	50	51									
47	51	52	52	53	53	54								
48	53	54	55	55	56	56	57							
49	55	56	57	58	58	58	59							
50			59	60	60	60	61	62						
51	60		61	62	63	63	64	65						
52	62		63	64	65	67	68							
53	66		67	68	69	70	71							
54	69		70	71	72	73	74							
55	73		74	75	76	77	78							
56	77		78	79	80	81	82							
57	81		82	83	84	85	86							
58	84		85	86	87	88	90	91						
59	87		88	89	90	92	94	96	97					
60	91		92	93	94	97	99	101	103					
61	96		97	97	99	102	104	106	108	110				
62	100		102	102	104	106	109	111	113	116				
63	105		107	107	109	111	114	115	117	119				
64	110		113	113	115	117	118	119	120	122				
65	115		118	120	122	123	124	125	126	128				
66	120		123	125	126	127	128	129	130	131				
67	125		128	130	131	132	133	134	135	136				
68	130		133	134	135	136	137	138	139	140				
69	134		136	138	139	140	141	143	143	144				
70	138		139	142	143	144	145	146	147	148				
71	142		144	147	148	149	150	151	152	153				
72	147		149	152	153	154	155	156	157	158				
73	152		154	157	158	159	160	161	162	163				
74	157		159	162	163	164	165	166	167	168				
75	162		164	167	168	169	170	171	172	173				
76	167		169	172	173	174	175	176	177	178				

Prepared by Dr. Thomas D. Wood. Courtesy Child Health Organization

About what a boy should gain each month	Age	Ounces	Age	Ounces
	5 to 8	6	14 to 16	16
	5 to 12	8	16 to 18	8
	12 to 14	12		

Table B

Height and Weight Table for Girls



Prepared by Dr. Thomas D. Wood. Courtesy Child Health Organization

	Age	Ounces	Age	Ounces
About what a girl should gain each month	5 to 8	6	14 to 16	8
	8 to 11	8	16 to 18	4
	11 to 14	12		

Table C

Weights According to Age Periods

Height		Men.						Women					
Feet.	In.	19	20-24	25-29	30-34	35-39	40-44	19	20-24	25-29	30-34	35-39	40-44
4	11	111	117	122	125	127	130	110	113	116	119	122	126
5	0	113	119	124	127	129	132	112	115	118	121	124	125
5	1	115	121	126	129	131	134	114	117	120	123	126	130
5	2	118	124	128	131	133	136	117	120	122	125	129	133
5	3	121	127	131	134	136	139	120	123	125	128	132	136
5	4	124	131	134	137	140	142	123	126	129	132	136	139
5	5	128	135	138	141	144	146	126	129	132	136	140	143
5	6	132	139	142	145	148	150	130	133	136	140	144	147
5	7	136	142	146	149	152	154	134	137	140	144	148	151
5	8	140	146	150	154	157	159	138	141	144	148	152	155
5	9	144	150	154	158	162	164	141	145	148	152	156	159
5	10	148	154	158	163	167	169	145	149	152	155	159	162
5	11	153	158	163	168	172	175	150	153	155	158	162	166
6	0	158	163	169	174	178	181	155	157	159	162	165	169
6	1	163	168	175	180	184	187						
6	2	168	173	181	186	191	194						
6	3	173	178	187	192	197	201						

Table D

AMOUNT BELOW STANDARD WEIGHT		AMOUNT ABOVE STANDARD WEIGHT	
Class.	Points.	Class.	Points.
A Less than 10%.....	25	E Less than 20%.....	25
B 10% but less than 15%.....	15	F 20% but less than 25%.....	15
C 15% but less than 20%.....	5	G 25% or more.....	0
D 20% or more.....	0		

Children who weigh 15% or more below standard weight and bring their weight up thereafter during the same school or calendar year to less than 10% below standard may be credited with 30 points.

The best weight (i. e., nearest to standard) shown at any weighing during the school year through which the Crusader is enrolled, except during the first two months, may be considered for the Round Table. The practice of weighing should begin the first of the school year so that the child and his parents, informed of a wide departure from standard weight, may have as much time as possible during the period for which the child is enrolled as a Crusader to acquire proper weight through correction of physical defects, proper diet and fidelity to the health chores. It is recommended that

school children be weighed monthly, on the same day of each month. The national slogan, **"A scale in every school,"** should be made effective. Where weighing must be done out of school the teacher may secure the assistance of the most responsible pupils in weighing the others on a merchant's scales.

Inasmuch as some underweight children are so circumstanced or constituted that they cannot reach standard weight within a school year, the following supplementary method of earning credits for the Order of the Round Table has been adopted. The underweight boy or girl who makes an average monthly gain equal to the amount shown for his age in Table E below for a period of six consecutive months, in each of which he is weighed, may be credited with 25 points, although his best weight may give him many less points under Table D. The pupil may be given credits under either of the two methods, according to Table D or Table E, but not under both methods.

Table E—Prepared by Dr. L. Emmett Holt

Approximate Monthly Gain in Weight.

BOYS		GIRLS	
Age.	Gain.	Age.	Gain.
5 to 8 years.....	6 ounces	5 to 8 years.....	6 ounces
8 to 12 years.....	8 ounces	8 to 11 years.....	8 ounces
13 to 16 years.....	16 ounces	11 to 14 years.....	12 ounces
16 to 18 years.....	8 ounces	14 to 16 years.....	8 ounces
		16 to 18 years.....	4 ounces

The monthly weights of the pupils may be conveniently recorded on the Roll of Health Knighthood and the report form for the Round Table.

The child's weight as an index of his health should be reported to his parents periodically. The blanks on each Crusade chore record serve the teacher for making such reports.

A series of publications on health, with emphasis on nutrition work in schools, may be secured from the Child Health Organization, 370 Seventh Ave., New York, as follows:

"Cho-Cho and the Health Fairy," 15c. each.
"Child Health Alphabet," 10c. each.
"Rosy Cheeks and Strong Heart" (Andress), 20c. each.
"Rhymes of Cho-Cho's Grandma," 20c. each.
"Standards of Nutrition and Growth (Holt), $11.00 per 100.
"The Nutrition Class," 15c. each.

INCORRECT POSTURE

CORRECT POSTURE

EXAGGERATED POSTURE

The seriously malnourished child should not take as much exercise as the normal. Athletics should not be attempted until weight is built up. Lunches of milk or other plain nourishing food should be given, both mid-morning and mid-afternoon. They should be followed by rest for more than 20 minutes in the morning and in the afternoon. See § 10 and the circular "Instruction to Teachers and Nutrition Workers."

Instructions will be furnished to teachers applying to the Elizabeth McCormick Memorial Fund, 848 N. Dearborn St., Chicago.

44. Correct Posture

The tests required for the fourth qualification are those standardized by the American Posture League and required for the award of its badges. Posture is judged according to a vertical line test, as illustrated on the League's wall charts, which posture is to be held during the triple test for endurance in posture.

The triple test consists of judging the posture in (1) standing, (2) marching for at least three minutes, (3) corrective exercises, including stretching the arms forward and upward. A candidate must hold good posture throughout all three parts of this test taken in rapid succession, to be considered as passing the triple test.

A candidate who passes the triple test once a month for three consecutive months earns **20 points** for admission to the Round Table and is eligible for the gilt pin of the American Posture League. A candidate who (1) passes the triple test once a month for five consecutive months and has a rating of "A" or "Excellent" for habitual good posture, or (2) having previously earned the 20 points, passes the triple test for four additional consecutive months and has a rating of "A" for habitual good posture earns **30 points** and is eligible for the silver pin.

The A. P. L. pins make badges for the holder to be proud of. To secure the pins a list of the candidates who have passed the test must be sent to the American Posture League, 1 Madison Ave., New York, with the following certification, accompanied by remittance. Gilt pins are 20 cents and silver pins 25 cents each.

"The above-named candidates have successfully passed the test prescribed for the gilt/silver Good Posture Pin of the American Posture League. I hereby apply for pins for them and will be responsible for these pins being given only to the individuals named herein."

(Signed)..... Instructor

..... Principal

Date.....

The wall charts of the American Posture League are desirable for every schoolroom. They are published with pictures either of a boy, like the illustration given here, or of a girl. They may be purchased of the American Posture League. Apply to the League for particulars on their sitting posture charts and other publications.

45. Physical Examination

Points are credited to the candidate for traits of physical fitness, disclosed by examination, as enumerated below. Regardless of the Round Table, every pupil should be thoroughly examined by a school physician once and preferably twice during the school year. A dentist also should examine him once a year and preferably every six months. If a school does not have the services of a physician, a school nurse or any trained nurse can, for the purpose of the Round Table, give the pupil the examination specified below, except as to his heart, lungs and teeth. Following the instructions in some textbooks on hygiene and physiology and by the use of the Snellen test card and directions for testing eyesight, the teacher, unassisted, can test the pupil's hearing, sight and shoeing. Unless the candidate fully earns the number of points specified for one of the following tests, in compliance with all conditions, he is credited with no points on that test.

Teeth, 10 points. If the candidate's teeth are sound, not requiring a dentist's services, he is credited 10 points. He must present a written statement from a dentist, or the dentist must report directly to the teacher, that his teeth have been examined during the current calendar or school year, and either that they did not need filling, extraction or operation, or that such treatment has been completely administered and that the gums are healthy.

Nose and throat, 10 points. If the candidate habitually breathes through his nose with his mouth shut and his nose and throat do not need a physician's services, he is

credited 10 points. The teacher must receive a written or oral report from a licensed physician or registered nurse, stating that he has examined the pupil's throat within the current year and either that there is no condition of adenoids or tonsils or obstruction making operation or treatment by physician or surgeon advisable, or that such condition has been corrected. If a physician is not available, the opinion of a registered nurse who has made an examination may be accepted.

Eyes, 5 points. Every school child's eyes should be tested for nearsightedness, farsightedness and astigmatism, and examined for infectious diseases. When examination shows that a candidate's eyes are free from disease and chronic inflammation, and from defects making the wearing of glasses advisable, or that the faults in vision are corrected by glasses or other remedy prescribed by an oculist, he may be credited 5 points. If the teacher gives examination she must comply with full instructions furnished by her state board of education or health or by the National Committee on the Prevention of Blindness, 130 East 22nd St., New York. The latter organization will send instructions free to any teacher applying.

Ears, 5 points. When a competent examiner finds that a pupil's hearing in each ear is normal or within 10% of normal and there is no evidence of disease or inflammation, the candidate may be credited 5 points. The examination must be conducted by a physician or in compliance with full instructions issued by a state board of health or education. Such instructions are contained in Health Bulletin No. 2, "The Eyes and Ears of School Children," published by the New York State Department of Education, Albany.

Heart, 5 points. When a physician reports after a stethoscopic examination that a candidate's heart is in sound condition and that the candidate need exercise no more care in participating in athletics than the average pupil of his age, he is credited 5 points.

Lungs, 5 points. When a physician reports after a stethoscopic examination on the bare chest that a candidate's lungs are in perfectly sound condition, and he has a chest expansion of at least 2 inches, he is credited 5 points.

Skin, 5 points. When competent examination shows that the skin is healthy, without eruption, and that the scalp is free from scales and pediculosis, the candidate is credited 5 points.

Feet, 5 points. If a candidate wears shoes fully permitting correct position and shape for his feet, he may be credited 5 points. Shoes which bend the big toe toward the others or the others toward the big toe force incorrect shape. The shoe, like the foot, should have a "straight inner edge" (except for the instep curve). Only shoes with low heels permit correct position, and no shoes with heels more than one and one-half inches high can be passed in examination for the Round Table. The teacher should urge the use of much lower heels. Children candidates that come to school barefoot part of the time must wear their shoes for this examination. If the teacher observes that a pupil who passes this test subsequently purchases shoes that are incorrect in the respects indicated in this paragraph, during the period of his candidacy for the Round Table, his credit should not be allowed.

46. Knowledge of First Aid

The candidate for the Round Table who presents this qualification must have pursued a course of study in first aid under a teacher and have passed the examination entitling the pupil to the Certificate of First Aid issued for schools by the American Red Cross. When he has passed the examination he is credited 30 points. The course on which the examination is based is especially suited to high schools. The plan of the course, in entire harmony with the Modern Health Crusade, is to teach the pupil to do by doing. Schools which are not conducting such a course may readily secure the Red Cross circular, "First Aid Instruction in Schools," and the textbook for the teacher. Application should be made to the local Red Cross Chapter, or directly to the American Red Cross, First Aid Division, Washington, D. C.

47. Swimming and Life-Saving Skill

The points enumerated below are allowed to Round Table candidates meeting the following tests, set by the American Red Cross for Junior Life Saving Crews.

The tests apply to both boys and girls.

1. For Beginners. Ability to swim 50 feet, using any stroke they know. 10 points.
2. For Swimmers. Ability to swim 100 yards, using two or more strokes; to dive properly from a take-off; to swim on back 50 feet; and to retrieve objects at reasonable depth from the surface. 15 points.
3. For Life-Savers. Ability to tow persons of one's own weight for 10 yards by the following methods:
   (a) Head carry.
   (b) Cross chest carry.
   (c) Two point carry.
   (d) Tired swimmer's carry.

Life-savers must be able to illustrate in the water the methods of releasing themselves from people in peril of drowning, if grasped by—

Wrist-hold,
Front neck-hold,
Back neck-hold.

They must be able to make the surface dive and recovery, and are required to demonstrate both the Schaefer and Sylvester methods of performing artificial respiration, although the Schaefer method is the one preferred. 30 points.

Explanations of unknown terms and methods are given in the Red Cross Textbook on First Aid published by P. Blakeston's Son & Company, Philadelphia.

Round Table candidates must meet these tests to the satisfaction of at least one adult known by the teacher to be competent to judge.

The Red Cross provides badges of three grades—for "beginners," "swimmers" and "life-savers." Information regarding the required board of examiners, emblems, prizes and national trophy is given in pamphlet 1004, free on application to the American Red Cross, Washington, D. C.

48. Scout and Camp Fire Activities

The training given by the Scout and Camp Fire organizations is included among the qualifications for Knights of the Round Table as a valuable aid to physical fitness. For becoming a Boy Scout or Girl Scout Tenderfoot, 10 points; Second-Class Scout, 20 points; First-Class Scout, 30 points. For becoming a Camp Fire Wood Gatherer, 15 points; Fire Maker, 30 points. In communities where local groups are lacking, application for information should be addressed to Boy Scouts of America, 200 Fifth Ave., New York; Girl Scouts, 189 Lexington Ave., New York; Camp Fire Girls, 31 E. 17th St., New York.

49. Community Sanitation Work

In some states sanitation has been given a large place in Modern Health Crusade work. Sanitation work furnishes demonstrations especially valuable to high schools and junior high schools in connection with civics and courses bearing directly or indirectly on health. This branch of Crusade work brings the street cleaning department, health officer and other municipal authorities into touch with the school, brings to light ordinances that are inadequate or unenforced, and benefits the whole community.

As various methods may be followed in sanitation work, and as local conditions determine the best, the form of work is not described in this manual. The experience of Crusaders in one county is recited to suggest a plan of campaign for other communities. The high schools of the county, one representing a city and the others rural districts, divided the territory into sanitary districts, the whole county being covered. The high school or schools located in each district elected a sanitary officer for the district, choosing a pupil qualified as worker and leader. Under this captain a lieutenant was elected by his fellow pupils for each subdistrict, and a corporal for each city block, while each pupil was drafted as a private.

Five objectives were set: that each house be screened against flies; that a covered garbage can be used; that all outdoor vaults be darkened so that flies would not enter; that manure or other fly-breeding matter be disinfected once a week and removed; and that the streets, alleys and premises be made clean and sightly.

The first work was a survey. The districts were marked on a county map posted in the office of the county superintendent of schools. Flat maps outlining all farm or town residences were made for each district. Under proper supervision each householder was visited and apprised of the community plan. Printed slips were used by the visitors for checking the conditions found, and the findings were noted by pins on the district maps.

The campaign for improving conditions was announced to cover two weeks after the survey. Changes effected were recorded on the second visit and "spotted" on the district map. Corresponding pin markings on the large map at the county superintendent's office recorded the progress of all the districts and stimulated competition be-

tween districts. So effective was the campaign that only eight householders in a city of 35,000 failed to comply with requirements. This work was done entirely by the high school and seventh and eighth grade pupils, who conferred as need arose with the local Crusade council composed of five adults.

In the country districts tests were made of the water from every well, the work being done at the high school laboratories. Much infection was found; and when the users of the water failed to be affected by the data shown, permission was secured to put a quart of kerosene in the nearby outdoor toilet. When the strata of the earth ran toward the water supply from the vault where the kerosene was placed, the kerosene was detected by odor and taste, and the people who boasted of their well water were suddenly forced to realize its true condition. The result was that 63 new wells were dug in that county, and a material decrease in the recorded number of typhoid cases ensued.

Campaigns against flies and mosquitoes readily enlist school children, when organized at all systematically. Competition should be brought into play. Prizes not only of material value, but also newspaper commendation, are effective. A first step is to teach the children practical points about the insects, such as likely breeding places, disinfection to prevent hatching, and the making and placing of traps.

PLAYLET "KING GOOD HEALTH WINS"

Publications giving all needed information can readily be secured. The National Association will give references in addition to those cited in the Bibliography, § 64, and invites correspondence with Crusade leagues and other groups planning sanitation work.

Points towards admission to the Round Table are earned by community sanitation work. Two and one-half points are allowed for each hour of actual work up to 16 hours, under the following conditions.

1. The work must be in an organized community sanitation campaign under a school teacher or other adult posted on sanitation, such as the town health officer, a physician or civil engineer.

2. The pupil workers, numbering at least five, must work as a committee or club under a common plan approved in detail by the adult leader.

3. Each pupil must give the leader a report on his findings and accomplishments, and a memorandum giving the dates on which he worked and the number of hours or fractions thereof spent in actual sanitation work on each date.

4. The teacher must approve the report and results of each pupil's work before points are allowed him.

5. The points credited shall be at the rate of 2½ per hour. The minimum number of points allowed is 5 and the maximum number of points allowed is 40.

50. Accolade of the Round Table

It is recommended that pupils qualifying as Knights of the Round Table be formally invested with title. The following ceremony is suggested.

(The ceremony is conducted by the principal [Crusade grand master] or other school authority, who addresses first the audience and then the candidates, who are grouped on one side of the stage.)

(*To audience.*) We are happily met together to witness the entrance of valiant Knights to the Order of the Round Table. These Modern Health Crusaders, all Knights Banneret, have each been proven in ordeals set to test their fitness for this highest order.

When King Arthur formed his Round Table, he drew to it the flower of chivalry, "the goodliest company of famous knights whereof the world holds record." Lancelot, Galahad, Percival and many other peerless warriors were of this chosen band whose victories were blazoned on twelve great windows in Arthur's hall.

Full many years ago departed Arthur and his company, and his Round Table became a memory, celebrated in song and story. Now the Round Table is formed again, of knights arrayed not in heavy coats of mail, but in the golden armor of health.

(*To candidates.*) For the National Legion of Modern Health Crusaders and the (name of state) Legion, I now create each prowest Knight assembled here a member of the Round Table. That all may know of your deeds, I present each one of you with a parchment and a badge. These are the outward tokens. The order itself lives in the spirit and intent of every loyal Knight.

Now, just as truly as in the days of Arthur, you will find that every morning brings a noble chance whereby you prove yourself a noble Knight. Yours is the glorious privilege to champion the cause of health, and thus to redress human wrongs. So live that others, seeing your good deeds, will rally to the standard.

(*Each candidate is called by name and presented with the certificate and badge of the Order. Exeunt to martial music.*)

AIDS TO ALL CRUSADE COURSES

51. Entertainments

A Crusade entertainment is a profitable means of promoting health education. A series of subjects recommended for an entertainment each month is given below.

As a profitable means of promoting health, a Crusade entertainment-meeting should be held each month. It may be given by a single class or club or single school, or by several jointly, so far as children and their adult supporters can be gathered into one meeting. The entertainment for all may be furnished by different schools in turn. The hour may be in or after school or in an evening following which children do not have to rise early for school.

Crusade entertainments properly conducted are not "lectures," but meetings made **interesting** to children and adults by presentation of facts with pleasing association or with appeal to wonderment, and through action, display, games, playlets, pageants, clownery, music, etc. Crusaders should take an active part in the program themselves, especially as actors in health playlets. Meetings made occasions to appeal to Cru-

saders' pride should be announced in newspapers. For means of making meetings **entertainments,** see "Playlets," "Motion Pictures," "Exhibits," and "Songs" below.

Adult speakers should be given ample notice to prepare talks made graphic with models, pictures and lantern slides, and couched in simple language. Most communities have a doctor, dentist, nurse or physical director who can with words and apparatus make health facts interesting. The school nurse is a logical leader for the meeting. If a special talk has not been prepared, a story may be told. For books of stories, see § 64. Skilled women story-tellers are frequently available, both among and outside the teachers. Stories of crusaders and knights and of Arthur's Round Table, applied to the quest of health, will inspire children. Calisthenics, exercise, games or folk dances may be conducted at every meeting.

52. Schedule of Meetings*

September—Stories of the old crusades and of the Modern Health Crusade. First aid to the injured. Posture. (The monthly weighing of Crusaders with entry of weights on Roll of Health Knighthood, if not done at another time in school, should be attended to at the meetings.)

October—Care of teeth. Toothbrush drill. Care of nose and throat. Organization of club.

November—Care of eyes, skin and scalp. Baths.

December—Tuberculosis and respiratory diseases. How to prevent colds. Christmas health seals.

January—Home and school gymnastics. Folk dances. Organized play in winter.

February—Fake cures and real medicine. Fresh air, wholesome food, exercise, rest. Methods of outdoor sleeping.

March—Fly, mosquito—and vermin campaigns. Clean-up work.

April—Nervous system. Influence of mind on health. Cheerfulness, anger, courage, purity.

May—What and how to eat and drink. Regularity. Weight. Food protection. Clean hands. Typhoid fever.

June—Temperature. Alcohol, tobacco, injurious soft drinks.

July—Patriotism of health. Marching or military drills. Care of feet.

August—Outing or picnic. Field athletics and organized play.

*Presentation of squires' certificates and badges for Knights and Knights Banneret can be included in the program for the month in which these titles are attained.

53. Playlets and Pageants

Many interesting health playlets and pageants suitable for children are available. The National Tuberculosis Association publishes thirteen. These and twelve published by other organizations are listed in a descriptive circular, "Plays and Pageantry," sent on application.

"King Good Health Wins" may be presented both as a play and a pageant. "A Pageant in the Interest of Good Health," "The Health Champions," "Mr. I. N. Different Is Double Crossed" and other playlets provide entertainment of intense interest to parents and friends of children. A performance combined with the accolade is especially effective and justifies admission charges.

54. Miniature Theatre

"Tiny Tim's House," a theatre of cardboard, decorated in brilliant colors and easily shipped by parcel post, can be purchased from the National Association for only $2.00, delivered. Tiny Tim's House is made in two parts, proscenium and backdrop. The complete outfit consists of directions for costuming the actors and setting up the theatre, and two copies of the food playlet, "The Champions." Additional drops may be purchased for 75c. extra. The actors for this theatre are potatoes and other vegetables, whose odd shapes have unusual possibilities for character expression and whose presence conveys lessons in nutrition. Ready-made costumes for the four characters of "The Champions" may be purchased for $3.00, postpaid.

55. Motion Picture Films

When a motion-picture machine can be procured, the display of one of the health films will contribute greatly to the success of a meeting. The National Associaton will give inquirers information about films. Several films may be rented at 75c. per day each or purchased for $75 and $100. Among them are "The Modern Health Crusade," "The Tournament of Youth," "The Kid Comes Through," "Jinks," "Out of the Shadow" and "The Public Health Twins at Work." "Good Teeth Good Health" is loaned free of any charge except transportation.

56. Exhibits

A special Modern Health Crusade exhibit, price $9.50, delivered, may be purchased of the National Child Welfare Association, 70 Fifth Avenue, New York. It consists of twelve panels, about 17 by 28 inches, for wall display, lithographed and colored by hand, the illustrations and text being original and effective. This exhibit is also printed as an edition for negro children and sold for $9.50. Other series of panels bearing on child health are published by the National Child Welfare Association, under the titles, "Aids for Nutrition Clinics," "Health Children" (First and Second Series), "Hygiene for School Children," "The A-1 American Girl," "The A-1 American Boy" and "The American Citizen." Teachers will find it helpful to secure (free) the National Welfare Association Bulletin 33, "Teaching Health Through the Use of Graphic Material." The "Child Welfare Handbook," a beautiful 47-page brochure, giving miniature prints of many exhibits, may be obtained for 50c. It has chapters on "What Every Community Should Know About Its Children" and "How to Arouse Community Interest in Child Welfare."

A comprehensive series of posters on school hygiene is furnished by the Committee on Health Problems of the National Council of Education, 525 West 120th Street, New York. Fifty-eight charts may be had for $7.00.

57. Songs

A number of songs inspired by the Modern Health Crusade are in use. A collection of these songs is offered in "The Minstrel," 5c. per copy postpaid. The Crusaders' Song, printed herewith, is sung to music composed for it by Claude Warford and also to Denza's "Funiculi, Funicula."

CRUSADERS' SONG

By Emily Nichols Hatch

Hail! all ye gentle knights and squires and pages!
Crusaders' band, for health we stand.
While all around life's battle fiercely rages
We'll do our part—clean hands and heart.
Our soldiers bravely there in France were fighting
Like knights of old, chivalrous, bold.
Like them we must some wrong each day be righting
With smiles of cheer, and know no fear.

Chorus

We'll battle, we'll conquer; disease and dirt we'll slay!
We'll scout them and rout them and drive them off each day!
With hands and bodies clean and hearts all brave and bold,
Prepared our country's flag and honor to uphold.

With souls and bodies growing strong and stronger,
Brave knights we'll be, our land to free
From curse of dread disease which shall no longer
O'er it prevail. We shall not fail.
The holy war which we must still be waging
Is for good health. 'Tis more than wealth.
The health of mind and body is engaging
Our efforts true, in all we do.

CHORE SONG

By Esther Watson

(Tune: "Yankee Doodle")

I washed my hands before each meal,
To have them clean and nice,
(Wash hands.)
I washed my face and neck and ears,
(Scrub face, neck and ears.)
My finger-nails cleaned twice.
(Clean finger-nails.)

Chorus

So I am a Health Crusader,
(Salute.)
I'm going fast all day long, sir—
(Bend both arms up, expanding chest.)
For I'm going to help my Uncle Sam
(Point to flag.)
To make my country strong, sir.
(Salute.)

I put no unclean things in my mouth,
Pencils, books nor fingers—
(Lift pencil toward mouth, then put down quickly.)
I wash my teeth at early morn
And while the evening lingers.
(Brush teeth.)

I took ten slow, deep breaths of air
(Expand chest.)
I covered any sneezes—
(Cover mouth with handkerchief.)
I played outdoors a whole half hour,
Amid the pleasant breezes,
(Toss imaginary ball into the air.)

I was in bed ten hours last night,
(Close eyes with head on left arm.)
With windows open wide,
(Open imaginary window.)
Drank four glasses of water today,
(Drink from imaginary tumbler.)
No tea nor coffee beside.
(Put out right hand in refusal.)

I ate fruits, cereals—not much meat—
I chewed them slowly and long,
(Slow chewing motion.)
Had milk and eggs and such good things,
As make all children strong.
(Show biceps of right arm.)

I try to sit and stand up straight,
(Stand very straight.)
Be helpful, neat and kind,
I take a full bath twice a week,
(Splash with imaginary water and rub down with imaginary towel.)
And keep a cheerful mind.
(Smile.)

DRILL SONG FOR YOUNGER GRADES

(Tune: "Round and Round the Mulberry Bush.")

This is the way we clean our teeth,
Clean our teeth, clean our teeth,
This is the way we clean our teeth,
Every night and morning.

Take your brush, go up and down,
Up and down, up and down,
Take your brush, go up and down,
Every night and morning.

Don't forget both back and front,
Back and front, back and front,
Don't forget both back and front,
Every night and morning.

If you brush them faithfully,
Faithfully, faithfully,
You a knight will surely be,
Every night and morning.

This is the way we catch our cough (sneeze),
Catch our cough, catch our cough (sneeze),
This is the way we catch our cough (sneeze),
So early in the morning.

58. Poster Contests

Poster contests are adapted to classes of all grades and have great educational value. The younger groups can make picture posters by cutting out pictures illustrating the different health principles enumerated in the Crusaders' Code, and mounting them on colored cardboard. Advertisements of soaps, toothbrushes, equipment for outdoor sports, etc., can readily be adapted for health-poster use.

For the more advanced pupils who are having instruction in drawing, original posters can be made under the supervision of the drawing instructor. So far as possible it is wise to allow each child to choose his own subject. The Crusaders' Code offers many suggestions for the posters.

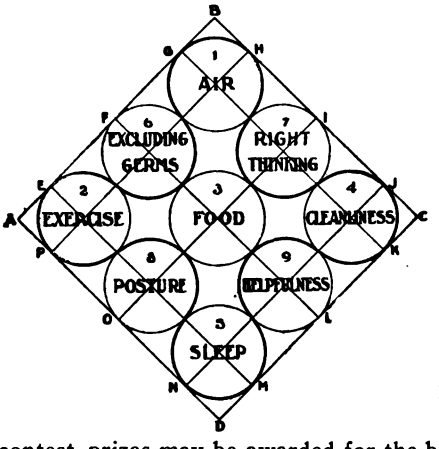


Diagram for drawing Crusaders' cross

In a county poster contest, prizes may be awarded for the best poster in each township or district, and a grand prize for the best poster in the entire county. An exhibition of the best posters submitted in the contest at the county fair is an incentive to all contestants and stimulates interest in the health work being done in the schools.

HEALTH CLUBS

59. Health Crusade Clubs

Children like to **belong.** Beside general membership in the Modern Health Crusade definite membership in a health club gives boys and girls increased zeal and steadfastness in health work. The formation of a club does not come under the necessary part of the Crusade program, but is recommended to the school

The teacher or principal explains to all the pupils that all who do the Crusade chores for a probationary period of five or more weeks will be members of the..... Grade Health Crusade Club or.....School Health Crusade Club. The plan of organization is distinctly democratic, only those pupils who fail to do the health chores being excluded from the club. Beside the qualifying pupils and the teacher, the club may include "honorary members" elected for service or for contributions to the trea-

sury. A fixed minimum, e. g., $5, should be set for contributions or dues from honorary members. They may be entitled Honorary Crusaders.

At a meeting set at the end of the probationary weeks, coming preferably at the class session in hygiene or prompting and inspection, the pupils who qualify adopt the constitution and elect officers. The chief officers are captain (president, mayor, or health officer), one or two lieutenants (vice-president), herald (secretary), Crusade master (the teacher) and grand master (the principal). Inspectors—health, window and thermometer—are also officers, but usually serve for short terms (see § 25). *A constitution and by-laws, standard for a Health Club, are given on page 47.*

The Crusade master, who may be another adult if the teacher cannot serve, conducts the organizing meeting and selects nominees for officers and provides a copy of the constitution beforehand.

Each club should proclaim a slogan, like "War Against Disease," "Good Health for You and Me," "Strong and Clean, Body and Mind," "Every Health Chore a Good Health Habit," "Keep Vigorous to Withstand the Rigorous."

60. Club Activities

The first activity of a club is to seek the membership of 100 per cent. of the pupils and to promote the members' progress in earning chivalric titles. Group competition is an effective principle to follow. The club members should be divided into two numerically equal teams. They are determined preferably by classroom rows (entire or divided). Another method is for two leaders to choose the teams, making alternate choices of members, as is done for impromptu baseball teams. The leaders of the two teams should be the lieutenant and herald of the club. The class may, however, be divided into teams on beginning to do health chores, before officers have been elected or the club organized. Health inspectors appointed by the teacher serve then as leaders until the club is organized.

The teams compete to earn the most Crusade credits in a given period of time (see explanation of credits under "Tournaments," § 29). Simultaneously, a competition may be carried on between two or more clubs, representing as many classes or schools. For an idea of the interest to be aroused, read Ellis Parker Butler's story, "A Knight Without Reproach." (Mailed by the National Association on receipt of 3c. postage.)

The best procedure is to conduct daily prompting and hygienic inspection, as described above, with officers or team leaders assisting the teacher. When summoned by the teacher the captain comes forward and asks the twelve questions. The herald and lieutenant have prompter and inspection blanks on which the names of the pupils of their respective teams are written, and make note of those who do not claim by uplifted hand to have done and recorded the chores. Inspection is then made, preferably by the teacher. It may be made by the herald and lieutenant. To avoid risk of partiality toward members of their own teams, they may each be assigned as inspector of the other's team, while the teacher is arbiter. An informal competition from week to week may be based on the records on the inspection blanks. On Monday of each week the captain should announce both the number of credits earned (one for each pupil in the team who did 54 or more chores for the preceding week) and the total number of chores done.

Other activities for a club are the entertainments and dramatic productions (see §§ 51-58), and participation in athletics and in training for the Round Table (see §§ 37-50). Clubs may challenge others to qualify the most members for seats at the Round Table.

61. Community Work

A club may make itself useful to the town in many ways. It may work for a sanitary drinking fountain in the school, a playground, fresh-air schoolrooms, ventilation for every room, clean streets, clean lavatories, etc. It may draw up a petition and agitate for physical examinations in schools, backed with nursing service. It may enter upon anti-fly and vermin campaigns, and aid in a town clean-up. (See "Community Sanitation Work," § 49.) It may appeal for the enforcement of laws against spitting and the sale of tobacco and impure candy to children. Committees may be appointed to report or to take action on exposed breeding places for flies and mosquitoes, on improvement of school premises, on sick children or on any of the various lines of work suggested in this manual.

MISCELLANEOUS

62. Handbook for Teaching Hygiene

A guide for teaching hygiene in all elementary grades is now being prepared by the National Tuberculosis Association with the assistance of educators, school administrators and hygienists. It is a comprehensive and graded course in hygiene based on the Crusade system. Its keynote is the practice of hygiene.

The guide presents an elastic outline for lessons from month to month during the school year. The lessons are planned to be given at different times in the regular subjects of the school curriculum. It furnishes suggestive material, carefully selected, on which the teacher may base her talks to pupils and with which instruction from whatever text-book is used may be enriched. It gives, in complete form as well as by references, stories, quotations, games and projects. Both a direct and a cross index is provided. The guide is also designed to serve state boards of education and may be published in state editions.

63. Moral Effect of the Crusade

The Crusade system was devised in compliance with ethical, mental and physical laws. The teacher who conducts the general course of Crusade chores, with the required recording, will find that the pupils receive a distinct moral benefit.

The chores give teachers an exceptionally good opportunity to inculcate truthfulness. The daily performance, recording and certifying of chores afford the needed drill. The rewards of the Crusade furnish the temptation to falsify that is necessary to cultivate truthfulness. Character in all of its positive virtues is acquired by facing temptation, not by keeping aloof from temptation. The character of the always sheltered child is blank and he is prone to go to the bad rapidly when the shelter is removed.

The wise teacher or parent first cultivates the child's sense of honor; second, lets him meet temptation; and, third, makes a follow-up. The Crusade system applies these three influences. The child is placed on his honor—he certifies his chore record "on his honor." He has a systematic drill every day in choosing between right and wrong statements. Each decision for right builds truthfulness; each decision for wrong builds falsity. The follow-up here is multiple. The parent must pass on the child's truthfulness and sign the certification. The teacher must be satisfied that the child's cleanliness and deportment correspond with his statement of chores. Finally, his schoolmates are quick to point out false claims.

Additional influences for deciding for truth are found in the chores themselves, their admonitions and their effect. The call to helpfulness makes for social responsibility and against lying. Regularity in performance of duty discourages irregularity in statement. Improved health makes for straightforwardness. Cleanliness promotes

EPISODE IN CRUSADE PAGEANT BY ATLANTIC CITY SCHOOL CHILDREN

self-respect. "Clean thoughts and words accompany clean habits." In the words of a prominent educator, "There has developed in the minds of a number of active health workers a conviction that health education, viewed broadly, is not only an essential part of, but probably the most valuable vehicle for normal training."

While the wise want their children to face temptation, they are careful that the temptation be not too strong. The Crusade guards against this. If a 100 per cent. chore performance were required, and the reward a $10 gold piece or a prize for only one pupil the temptation might well be too strong. But with only 75 per cent. performance required, rewards very inexpensive, and success democratically within reach

of every boy and girl, the temptation for the majority of children is less strong than the influence for truthfulness.

In a group of many children it will, however, be surprising to find none who falsify their chore records. For those who do, the chores are an occasion for lying. This is different from teaching to lie. School examinations are the occasion of much cheating but do not teach dishonesty. Lying and cheating are more correctly attributed to lack of teaching truthfulness at home than to the Crusade and to school examinations.

A famous clergyman recently said that he never knew a boy or girl who would not lie at some age in childhood. "The child's instinctive brute sense of self-preservation manifests itself in a tendency to grab, to insist on the biggest piece, to steal and to lie. The fact is that the baby starts near brutehood, and we must expect him to go a long way in moral growth, as well as in physical and mental, before he becomes our A-1 citizen. It is first nature for the child to lie. Society must teach him to be truthful."

For the younger children the mixture of imagination and memory seems normal. Their falsifying should usually not be condemned as lying, with its connotation of intent to deceive. In recognition of their unreliability in statement, the Crusade course recommended for children in the first two grades does not hold out the chivalric rewards. When the use of printed chore records and chivalric titles is begun parents and teachers will find the Crusade one of the best means conceivable for imparting honesty to their children.

64. Bibliography

A—Stories Recommended for Kindergarten and First Two Primary Grades

Book	Author	Publisher
All through the day, the Mother Goose Way	Broadhurst	J. B. Lippincott Co.
Child Health Alphabet		Child Health Organization
Cho-Cho and the Health Fairy (good for nutrition work)		Child Health Organization
Every Child's Book		Child Health Organization
Hiawatha Primer	Holbrook	Houghton, Mifflin Co.
Jack O'Health and Peg O'Joy	Herben	Chas. Scribner's Sons
Keep Well Stories for Little Folk	Jones	J. B. Lippincott Co.
Metropolitan Mother Goose		Metropolitan Life Ins. Co.
Pig Brother	Richards	Little, Brown & Co.
Rhymes of Cho-Cho's Grandma		Child Health Organization
Story of Rosy Cheeks and Strong Heart (good for nutrition work)		Child Health Organization
The Most Wonderful House in the World	Haviland	J. B. Lippincott Co.
The Playhouse	Haviland	J. B. Lippincott Co.

B—Stories of King Arthur and His Knights Recommended for Third Through Eighth Grades

Gentle, Perfect Knight	Jenkins	World Book Co.
King Arthur and His Knights	Warren	Rand-McNally Co.
Page, Esquire and Knight	Lansing	Ginn & Co.
Seven Champions of Christendom	Darton	Wells Gardner
Stories from the Crusades	Kelman	E. P. Dutton & Co.
Story of King Arthur and His Knights	Howard	Chas. Scribner's Sons
Story of the Champions of the Round Table		Chas. Scribner's Sons
Stories of the King	Baldwin	American Book Co.
Story of the Middle Ages	Harding	Scott Foresman
When Knights Were Bold	Tappen	Houghton Mifflin Co.

C—Plays and Songs

For list of 25 plays and pageants, apply to the National Tuberculosis Association, 370 Seventh Avenue New York, for circular, "Plays and Pageantry."

	Songs	
The Minstrel	5c. each	N. J. Tuberculosis League
The Song Leaflet	55c. per 100	Iowa Tuberculosis Association
The Songster	3c. each	Ohio Public Health Ass'n

D—Physical Exercises

Games for Playground, Home, School and Gymnasium	Bancroft	MacMillan Co.
Play and Recreation for the Open Country	Curtis	Amer. Physical Educa. Ass'n
Rhythmic Action, Plays and Dances	Moses	Thos. Charles Company
School Room Games	Boyd	Chicago School of Civics, Recreation Dept.
Social Plays, Games, Marches, Old Folk Dances and Rhythmic Movements		Government Printing Office, Washington, D. C.

E—Health Primers

A Child's Book of the Teeth	Ferguson	World Book Co.
Teeth, Tonsils, and Adenoids		Metropolitan Life Ins. Co.

(See also books listed in § 6)

F—Books and Pamphlets on Nutrition

Diet for the School Child		U. S. Bureau of Education, Washington, D. C.
Health Education and the Nutrition Class	Hunt, Johnson & Lincoln	E. P. Dutton Co.
Health Index		Layton, Dr. Edwin A., Director of Health, Tacoma, Wash.
Instructions to Teachers and Nutrition Workers		National Tuberculosis Ass'n
Lunch Hour at School		U. S. Bureau of Education, Washington, D. C.
Methods and Standards in the Weighing and Measuring of Children		Elizabeth McCormick Memorial Fund, 848 N. Dearborn St., Chicago, Ill.
Nutrition and Growth of Children	Emerson	Appleton and Co.
Nutrition Clinics, Classes, Their Organization and Conduct		44 Dwight St., Boston
Nutrition Clinics for Delicate Children		44 Dwight St., Boston
The Nutrition Class		Child Health Organization

G—Other Books and Pamphlets on Hygiene, Physiology and Sanitation

Hygiene

Care of the Teeth	Hyatt	Metropolitan Life Ins. Co.
Children's Teeth—A Community Responsibility		U. S. Public Health Service
Every Day Mouth Hygiene	Head	W. B. Saunders Co.
Forty Notifiable Diseases	Byrd	World Book Co.
Health Education	Payne	Lyons & Carnahan
Health Education in Rural Schools	Andress	Houghton Mifflin Co.
Health Essentials for Rural School Children	Wood	American Medical Ass'n
Health Work in the Schools	Hoag & Terman	Houghton Mifflin Co.
Hygiene of the School Child	Terman	Houghton Mifflin Co.
School Hygiene	Bergerstern	F. A. Stokes Co.
Suggestions for Program for Health Teaching in Elementary Grades		U. S. Bureau of Education
Teaching of Hygiene in the Grades	Andress	Houghton Mifflin Co.

Physiology

Eyesight of School Children	Berkowitz	U. S. Bureau of Education
Foot and Shoe Charts		Woman's Press, N. Y. City
Physiology, Hygiene and Sanitation	Jewett	Ginn & Co.

Sanitation

Boys and Girls of Garden City	Dawson	Ginn & Co.
Civics and Health	Allen	Ginn & Co.
First Aid	Am. Red Cross	P. Blakiston's Son & Co.
Pamphlets on Fly Campaigns		International Harvester Co.
Town and City	Jewett	Ginn & Co.
Transmission of Disease by Flies		U. S. Public Health Service
Water Supply, Plumbing and Sewage Disposal for Country Homes, Bull. No. 57		U. S. Dept. of Agriculture

(See also books listed in § 6)

Constitution and By-Laws for a Health Crusade Club

The following constitution and by-laws are standard for a Health Club:

Constitution

ARTICLE I—NAME

The name of this club of Modern Health Crusaders shall be.....

ARTICLE II—OBJECTS

The objects of the club shall be the formation of good health habits by the members; the spread of knowledge concerning the prevention of disease; participation in athletics; cooperation with teachers, principal, school nurse and janitor in the interest of health; and the improvement of sanitary conditions in school, homes, yards and streets. It shall be the aim of each member to stand for clean thought, clean speech, clean sports, and for loyalty to the club, school and community.

ARTICLE III—GOVERNMENT

The general plans and program of the club shall be determined by its members and under the advice of the Crusade master. The Crusade master is the teacher or adult appointed. The execution of the program shall be under the direction of the Executive Committee, with whom shall rest the executive management of the club. Should there be more than one club in this city (town), the executive committees of all clubs shall be a central committee of directors with power to coordinate the activities of the several clubs. The members of this central committee shall elect a chairman from their number.

The constitution and by-laws may be amended at any meeting of the club upon two-thirds vote, provided that notice of such proposed amendment shall have been given to each member at least ten days before the meeting.

By-Laws

NUMBER 1—MEMBERSHIP

The members of the club shall be pupils of this school (class) who have met the requirements for enrollment as Modern Health Crusaders. Membership in this club is for the term covered by the member's certificate of enrollment as a Modern Health Crusader.

All Modern Health Crusaders, members of this club, shall have equal votes in meetings of the club, regardless of their rank. The quorum required for transaction of business at a meeting of the club is five members. The total membership must be at least seven.

The club may elect such adult honorary members as it chooses, for services or on payment of dues of not less than $..... Honorary members may participate in the discussions of the club, but shall have no vote.

NUMBER 2—OFFICERS

The officers of the club elected from the members shall be Captain (president), Lieutenant (vice-president) and Herald (secretary). To retain office each of these officers must do 75 per cent. of the health chores per week during at least three-fourths of the weeks of his term.

The term of office for Captain, Lieutenant and Herald shall be three months (or a school term).

Health inspectors and similar officers may be appointed by the Crusade master or elected from the members for specified periods of time.

NUMBER 3—EXECUTIVE COMMITTEE

The elected officers of the club and the Crusade master shall be the Executive Committee.

NUMBER 4—MEETINGS

The club shall hold meetings monthly between the first and tenth days. Additional meetings may be held. Members failing to attend at least ..... meetings within each four months of their membership shall be subject to expulsion and forfeiture of titles and badges.

The election of officers shall occur at meetings at intervals of three months. In event of a vacancy the Executive Committee may call a special meeting to elect a successor for the unfilled term of office.

PROCEDURE FOR MEETINGS

The following form of parliamentary procedure may be used: call to order; roll call; signing of constitution by new members; reading minutes of last meeting; reports of committees; new business; adjournment. Crusaders should be called on to vote frequently and take an active part. Reports of committees should be acted on in a businesslike way.

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New Mexico Public Health Ass'n, Albuquerque, N. M.
(N. Y.) State Charities Aid Ass'n, 105 E. 22nd St., New York City.
(New York City) New York Tuberculosis Ass'n, 10 E. 39th St., New York
Brooklyn Bureau of Charities, 69 Schermerhorn St., Brooklyn, N. Y.
North Carolina Tuberculosis Ass'n, Sanatorium, N. C.
North Dakota Tuberculosis Ass'n, Tribune Bldg., Bismarck, N. D.
Ohio Public Health Ass'n, 83 S. 4th St., Columbus, Ohio.
Oklahoma Public Health Ass'n, Oklahoman Bldg., Oklahoma City, Okla.
Oregon Tuberculosis Ass'n, Selling Bldg., Portland, Ore.
Pennsylvania Tuberculosis Society, 10 S. 18th St., Philadelphia, Pa.
(Pittsburgh) Tuberculosis League, 2851 Bedford Ave., Pittsburgh, Pa.
Philippine Islands Anti-Tuberculosis Society, P. O. Box 281, Manila, P. I.
Rhode Island Tuberculosis Ass'n, 109 Washington St., Providence, R. I.
South Carolina Tuberculosis Ass'n, Liberty Bank Bldg., Columbia, S. C.
South Dakota Public Health Ass'n, Huron, S. D.
Tennessee Anti-Tuberculosis Ass'n, 506 Cedar St., Nashville, Tenn.
Texas Public Health Ass'n, Littlefield Bldg., Austin, Texas.
Utah Public Health Ass'n, State Capitol Bldg., Salt Lake City, Utah.
Vermont Tuberculosis Ass'n, 139 Church St., Burlington, Vt.
Virginia Tuberculosis Ass'n, Chamber of Commerce Bldg., Richmond, Va.
Washington Tuberculosis Ass'n, Thompson Bldg., Seattle, Wash.
West Virginia Tuberculosis Ass'n, Davidson Bldg., Charleston, W. Va.
Wisconsin Anti-Tuberculosis Ass'n, 558 Jefferson St., Milwaukee, Wis.
Wyoming Public Health Ass'n, Citizens National Bank Bldg., Cheyenne, Wyo.

Makers
Syracuse, N. Y.
PAT. JAN 21, 1908

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